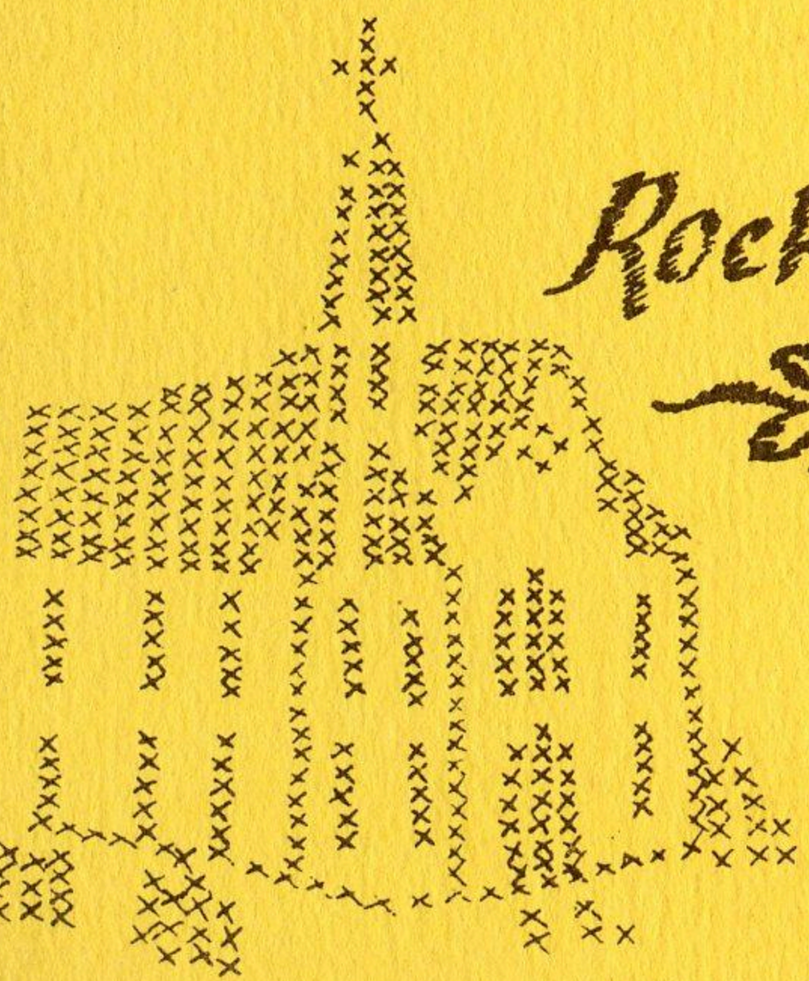
Rockport United Methodist Women

present

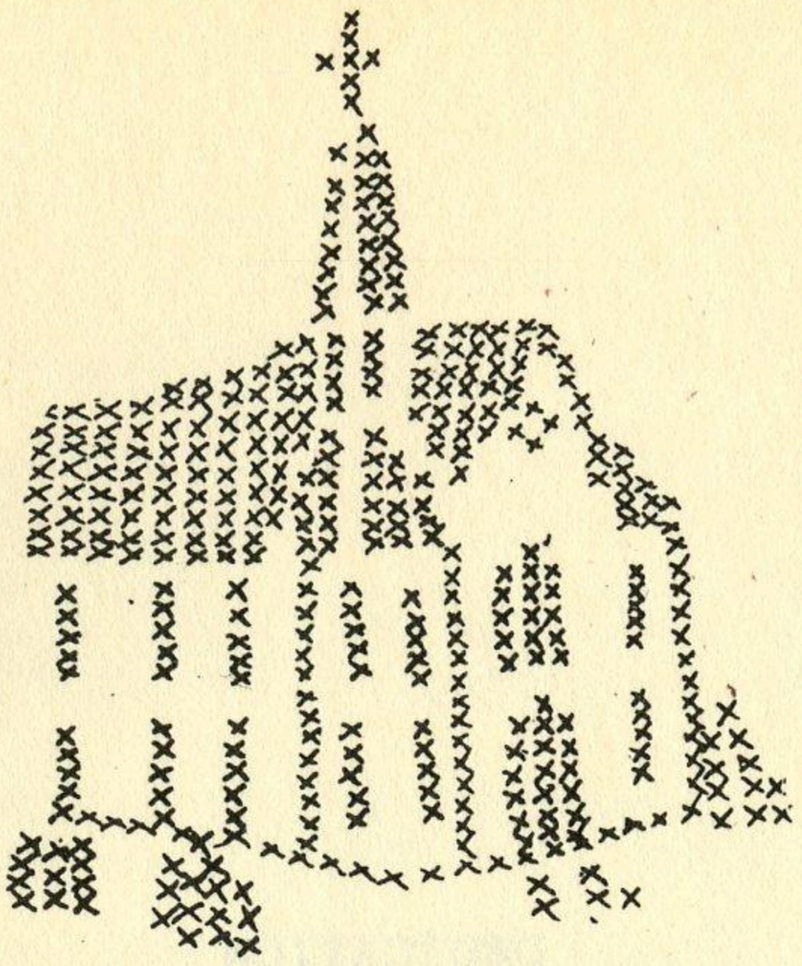
A COOKBOOK

A Family Affair

Traditional, Regional, and Individual Favorites

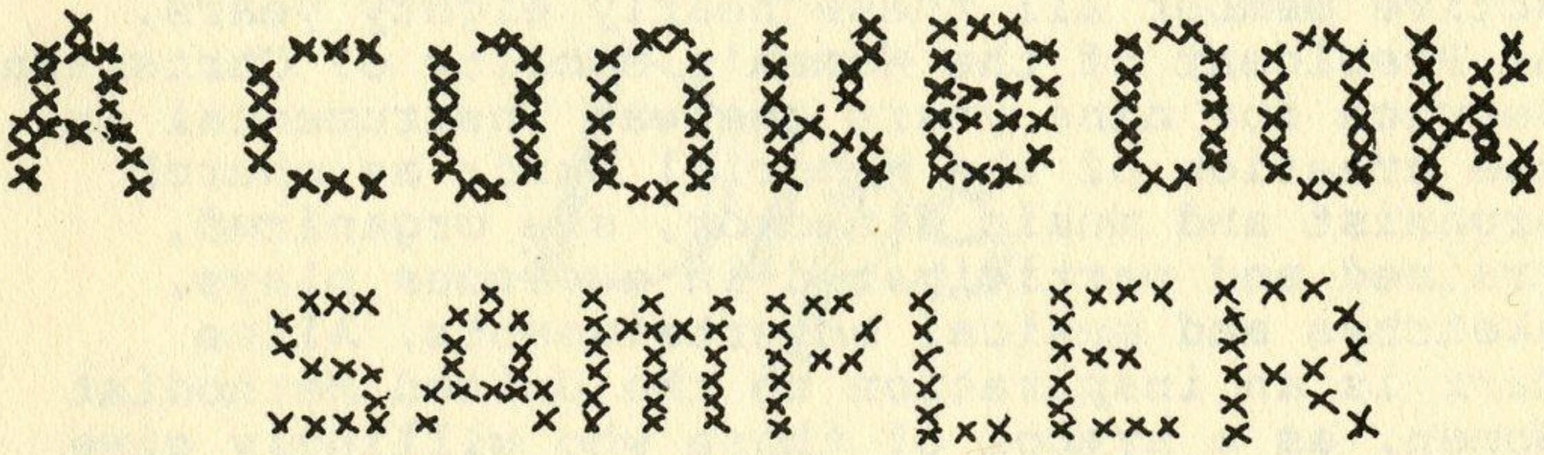


Rockport, Massachusetts



The Rockport United Methodist Women

present



Traditional, Regional, and Individual Favorites

of Rockport, Massachusetts -- 1983

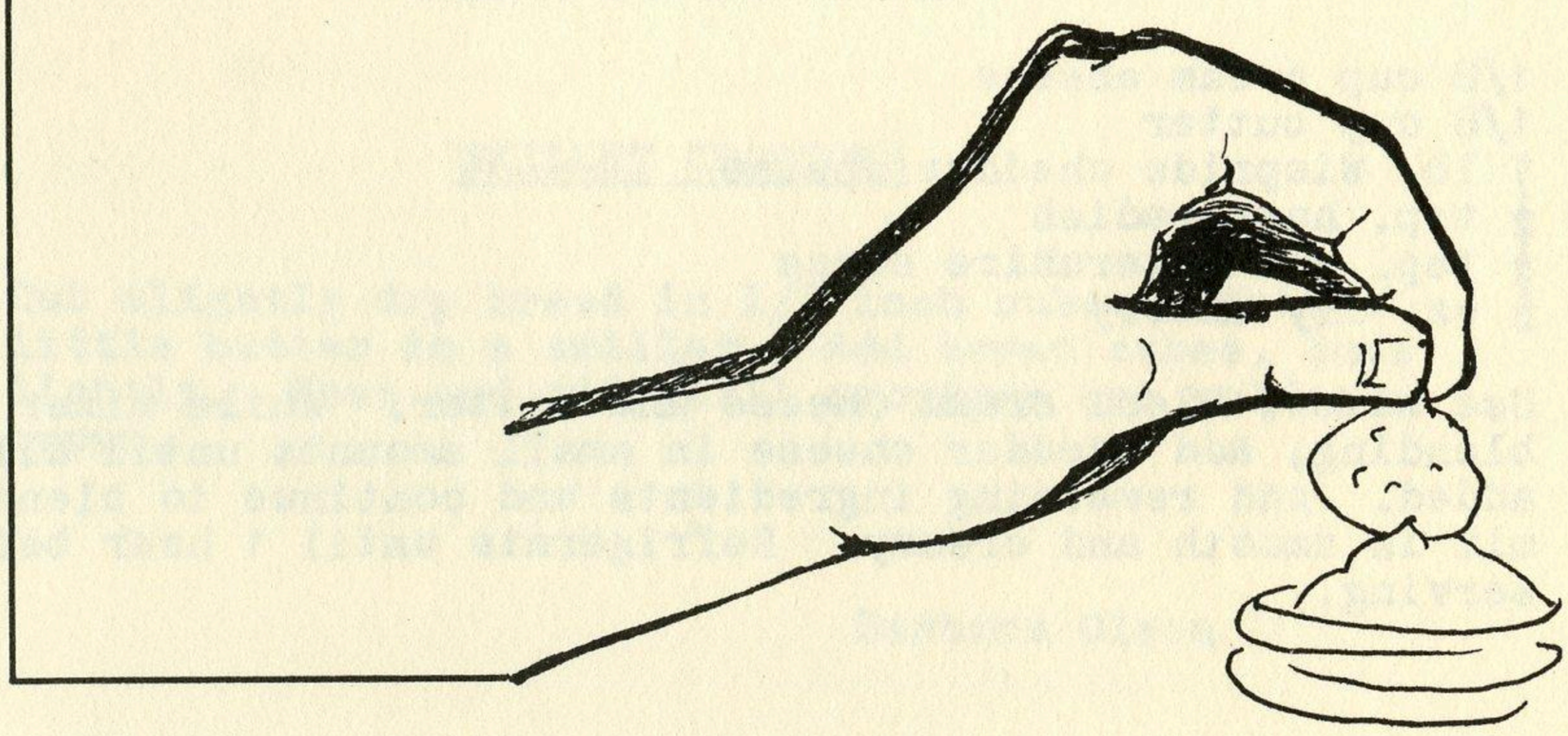
A blessing be upon the cook
Who, seeing, buys this little book,
And, buying, tries and tests its wares,
And, testing, throws away her cares,
And, carefree, tells her neighbor cook
To get another such a book.

DEDICATION

This cookbook is dedicated to Alice M. Marr, whose ideas and initiative resulted in the Methodist Book of - Tried and True Recipes, our first such undertaking, in 1954. Mrs. Marr joined the Church, then called the Methodist Episcopal Church, in 1906 and has been an active member all these nearly eighty years. As President of the Women's Society of Christian Service for nine years she was instrumental in the creation of the Memorial Fund; as church organist and music director, she organized, trained and participated in numerous plays, sketches and musical entertainments. Alice Marr is an inspiration to the United Methodist Women, as a symbol of those who willingly give of themselves so that others may benefit.

I.

Appetizers and Dips



DEVILED EGGS

6 hard boiled eggs

1/4 tsp. salt

1/8 tsp. curry powder

1/4 tsp. pepper

3 tbsps. mayonnaise

1/4 cup finely chopped green olives

Cut eggs in half, lengthwise. Spoon out yolk and mash with fork. Mix with seasoning and mayonnaise. Fill each egg with egg yolk mixture.

Mary Jane Carollo

GLOVER CHEESE SPREAD

1/8 cup cream cheese
1/8 cup butter
1 lb. Wispride cheddar cheese
½ tsp. horseradish
½ tsp. Worcestershire sauce
½ oz. dry sherry

Use mixer, blend cream cheese and butter. While mixer is blending, add cheddar cheese in small amounts until all is added. Add remaining ingredients and continue to blend till mix is smooth and creamy. Refrigerate until 1 hour before serving.

QUICK PIZZA

2 cups biscuit mix
1/2 cup water
5½ oz. can Pizza Sauce
1/2 cup shredded American cheese

Set oven at 425°. Mix biscuit mix and water. Shape into ball, knead six times. Roll out circle 1/4 inch thick.

Place crust on pizza pan. Pour sauce on crust. Top pizza with cheese (mushrooms, green pepper).

Bake about 15 min. Makes 8 pieces.

Christine Carollo
Age 8

SKILLET CROUTONS

Cut slightly dry bread in 1/2 inch cubes. Melt a little butter in a skillet. Add bread cubes, toss lightly. Heat and stir till croutons are golden brown.

Barbara Olson

PIZZA SNACKS

1/2 lb. Italian sausage
1 tbsp. oregano
1 clove garlic, minced
1 package chilled biscuits
29 oz. can tomato sauce
1 cup shredded sharp process cheese
1/4 cup grated Parmesan cheese

Brown sausage; drain. Add oregano and garlic. On greased cookie sheet, flatten biscuits to 4-inch circles; leave rim. Fill with sauce and sausage. Sprinkle with cheeses. Bake at 425° for 10 minutes.

SLOPPY JOE FRANKS

1/2 cup chopped onion
2 tbsps. butter
1 lb. franks - cut in thirds
1/3 cup water
1 tbsp. bottled steak sauce
1 tsp. mustard
1 can condensed tomato-rice soup

Cook onion in butter until soft. Add remaining ingredients. Let bubble slowly without covering, until sauce is nice and thick. Ladle into toasted, buttered buns.

Mary Jane Carollo

JUDY'S HOT CLAM DIP

1 8 oz. can minced clams with liquid
1 small onion grated or chopped fine
1/2 stick butter, melted
1 stack pak Ritz crackers, crushed

Combine ingredients. Place in casserole and bake at 350° for 20-25 minutes. Serve with Doritos - Taco chips. Yummy!

Jean M. Crowell

CREAM CHEESE DIP

1 lb. cream cheese
1 medium onion, quartered
4 tablespoons ketchup
6 tablespoons French dressing

Put in blender and blend until smooth.
Use with carrot sticks, celery.

Mary Jane Carollo

RED KIDNEY BEAN DIP

28 oz. can Red Kidney Beans (drain and rinse)
1/4 cup mayonnaise
2 teaspoons dry mustard
1/4 cup sweet relish
1/2 teaspoon garlic powder
Salt and pepper to taste

Mary Jane Carollo

CREAMY ONION DIP

Blend 1½ cups sour cream and 2 tablespoons packaged onion soup mix. Stir in 2 oz. blue cheese (crumbled) and 1/3 cup chopped walnuts.

Mary Jane Carollo

COTTAGE CHEESE DIP (FOR VEGETABLES)

Combine 1½ teaspoons instant minced onion, 1/2 teaspoon salt, and 12 oz. cream style small curd cottage cheese. Beat well with mixture.

Chill several hours. Stir in 1 Tablespoon of finely chopped pimiento or parsley. Serve with celery and carrot sticks.

Mary Jane Carollo

ANCHOVY-OLIVE DIP

1 cup sour cream
1/2 cup chopped stuffed green olives
1-1/2 Tablespoons anchovy paste
1/2 teaspoon onion powder

Combine ingredients. Mix well. Chill.

Mary Jane Carollo

SOUR CREAM DIP

8 oz. sour cream
1 teaspoon parsley, minced
1/4 teaspoon salt
1 teaspoon oregano
1/2 teaspoon garlic powder

Combine all ingredients in chilled bowl.
Refrigerate until ready to serve.

Mary Jane Carollo

"BARB." SAUCE FOR CHICKEN OR PORK

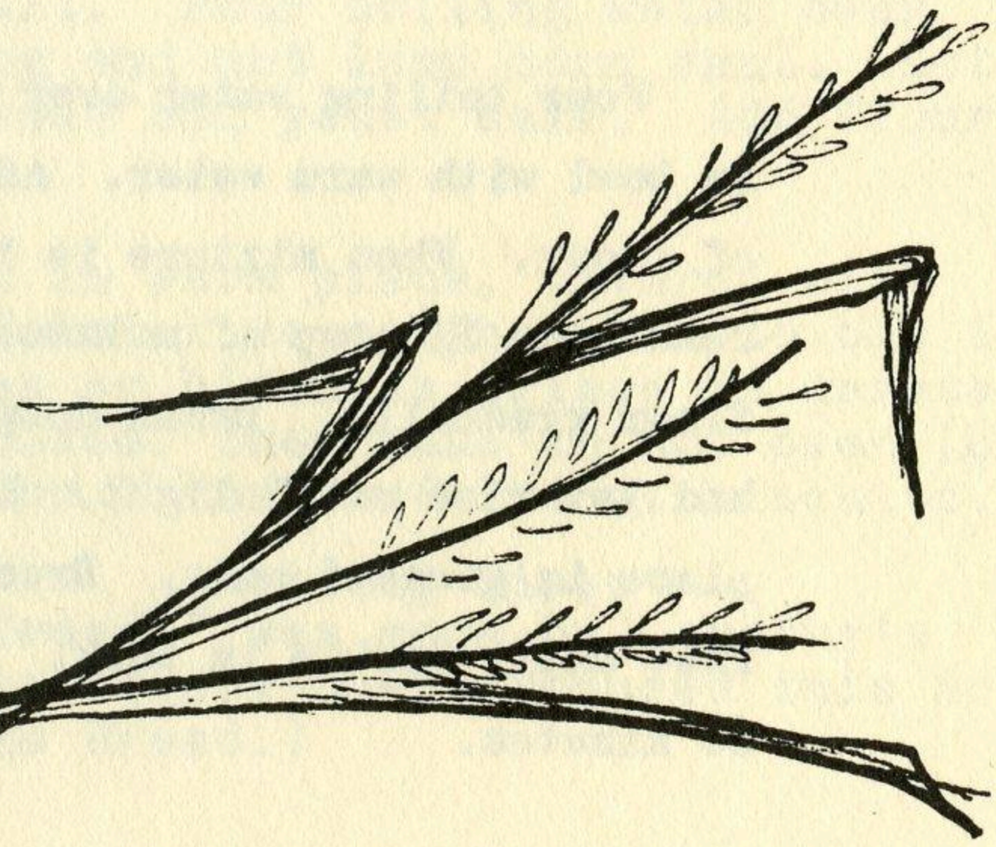
1 jar Ahso Sauce
1 btl. Open Pit Barbecue Sauce
½ btl. ck. Cherry
4 tbsp. Lee and Perrin's Worcestershire Sauce
4 tbsp. soy sauce
4 tbsp. garlic powder
4 tbsp sugar

Combine all ingredients. Can be used on chicken, spare ribs or pork baked in the oven or cooked on the grill. If cooked in the oven, line the bottom of the pan.

Annie MacMaster

II.

Breads and Cereals



WHITE BREAD

2 cups water (warm)
1½ cups milk
12 tbsps. shortening
2 teaspoons salt
4 tbsps. sugar
3 pkgs. dry yeast
12 cups flour

Put 11 cups of flour in large pan. Put 1 cup of flour and rest of ingredients into blender and MIX for 30 seconds. Pour mixture into pan with flour. Blend until it can be kneaded on a board and knead for 8 minutes. Flour the board.

Lightly oil large pan, put dough in and turn so the dough is lightly oiled all around. Cover and let rise for 1¼ hours. Punch down to get air out. Divide into 4 pans. Cover and let rise 1 hour. Bake 45 minutes at 375°.

Note: Brush with milk before putting in oven. When half done brush again.

Betty Frontiero

OATMEAL BREAD

2 cups boiling water
1 cup oatmeal
2 yeast cakes
1/2 cup warm water
1 tbsp. salt
2 tbsps. shortening
5 - 5 1/2 cups flour
1/2 cup sugar or molasses (latter preferred)

Pour boiling water over oatmeal; stir and cool. Mix yeast in bowl with warm water. Add 1/4 cup of molasses and half cup of flour. When mixture is light and bubbly, add the oats and remaining 1/4 cup of molasses, salt & shortening and remaining flour gradually. Brush dough with melted shortening. Cover and let rise until light. Knead well; shape into loaves and place in greased pans. Brush top with melted butter. Let rise until double in bulk. Bake in 350 - 375° oven for 50 to 60 minutes.

ITALIAN BREAD

6 cups flour
1/4 cup vegetable oil
1 teaspoon salt
1 egg
2 yeast cakes
1/4 cup lard
1 teaspoon sugar
1 cup water (warm)

Put 5 cups flour in large pan. Put 1 cup flour and rest of ingredients in blender and set on mix for 30 secs. Pour mixture into pan of flour. Knead. Cover and let rise for 40 minutes. Knead again.

Use shallow pan, covered with tin foil, lightly greased. Cut dough in 4 pieces and shape into loaves. Brush with melted oleo. Sprinkle seeds on top and let rise 40 mins. Cover. Bake at 325° for 20 mins. Turn heat to 450° and brown. Place on racks to cool.

Betty Frontiero

AMADAMA BREAD *

1/2 cup Corn Meal
1 heaping tablespoon Shortening
1½ teaspoons Salt
1 pint Boiling Water
4-5 cups Flour, Gold Medal or King Arthur
1/2 cup Molasses
1 Yeast Cake dissolved in 1/2 cup warm water to which 1 teaspoon Soda has been added

Combine corn meal, shortening and salt. Pour boiling water over these slowly so as to melt shortening and not lump corn meal. Let cool until lukewarm. Then add molasses and yeast cake. Add flour until you can handle dough.

Knead lightly and let rise overnight in warm place, covered with towel. In morning, knead lightly and let rise again until double in bulk. Then knead and form into loaves or biscuits. Place in greased bread pans. Let rise again in warm place. Then bake in hot oven (425°) approx. 45 min. This makes 2 loaves or 1 loaf and 1 doz. biscuits.

Dorothy Wires

(This recipe, called simply "Brown Bread," was made by Dorothy's father, Hardison Wires, who began the bakery that produced this bread, known now around the world as Amadama Bread.)

Legend has it, that when Anna substituted molasses for the white sugar she forgot to buy, her husband thought she'd burned the bread. "That Anna, damn her!" he uttered, but upon tasting the result, changed his tune and began praising his wonderful Anna for her marvelous invention. Alas, for Anna, the name stuck.

ANADAMA BREAD II

2 pkgs. yeast
1/2 cup water (110°)
2 tsp. sugar
3 cups water
1/4 cup butter
1/2 cup molasses
2 Tblsp. salt
1 cup cornmeal
9 cups flour

In 3-qt. saucepan, combine water, butter, molasses, salt and cornmeal. Cook over high heat until it boils, beating all the while. Remove from heat and cool until lukewarm. (To hasten this, place saucepan in basin with 3 inches of cold water. Stir contents of saucepan every so often.)

Sprinkle yeast over water to which the sugar has been added and dissolved. After it has softened, stir it to dissolve the granules. Let proof until foamy.

.....continued

ANADAMA BREAD, continued

Add yeast mixture to cornmeal mixture. Then beat in 3 cups flour. Blend completely. Continue to add flour, 1 cup at a time until dough begins to leave sides of bowl. Turn onto floured surface and knead 5 more minutes.

NOTE: Butter your hands, as this dough will, and should, be sticky. Use no more than 9 cups of flour.

Turn into greased bowl. Let rise 1½ hours. Punch down. Divide among 4 8x4 loaf pans (well-greased). Let rise to double. Bake in preheated 400° oven for 15 min., then at 350° for 20 min. Remove from oven and butter tops. After 15 min., remove from pans.

Ice Box Rolls

1 yeast cake, dissolved in
1/2 cup warm water
1 cup scalded milk
2/3 cup shortening
2/3 cup sugar
1 tsp. salt
1 cup mashed potatoes
2 eggs, beaten
6 cups flour

In large bowl, combine milk, shortening, sugar, salt and mashed potatoes. Cool to lukewarm and add in eggs. Add flour. 1 cup at a time, to make a stiff dough. Knead thoroughly. Put in a large greased bowl(big enough to allow for rising). Refrigerate. And whenever rolls are wanted, pinch off dough, shape, place on baking sheet and let rise to double. Bake at 400° for 15 minutes or until lightly browned.

Natalie Balzarini

REFRIGERATOR ROLLS

6-1/2 to 7 cups flour

Dissolve in small bowl:
2 packages yeast in
1/4 cup warm water
1 tablespoon sugar

In electric mixer bowl, add:
2 cups warm water
1/2 cup sugar
2 tsp. salt

Add yeast and 1/2 of the flour and beat 2 minutes.

Add: 1 egg, well beaten
1/4 cup Crisco and mix well

Mix in remaining flour gradually by hand. Mix until smooth. Place in large greased bowl and grease top with Crisco. Cover with damp cloth and place in refrigerator. Two hours before needed, cut and form dough and place in 9" round pan, not quite touching. Let rise for 1-1/2 hours. Bake at 400 degrees for 12 to 15 minutes. Use B oven shelf. Makes 4 dozen.

Jean Cameron

NO-KNEAD BREAD ROLLS

1 yeast cake
1/4 cup warm water
1/4 cup shortening
1-1/4 tsp. salt
2 Tbsp. sugar
1 cup boiling water
1 egg, beaten
3-1/2 cups flour

Dissolve yeast in warm water. Place shortening, sugar and salt in boiling water. Stir until dissolved and when lukewarm, add yeast. Add beaten egg. Stir in flour to make soft dough. Place in greased bowl, cover and chill from 2 to 24 hours.

Pinch off to form rolls. Place in pan 1/3 full. Allow to rise 2 hours. Brush with melted butter and bake in 425° oven 20 minutes.

Bertha H. Wicky

HOT CROSS BUNS

1 cake yeast
1/3 cup sugar
2/3 cup warm milk
3½ cups sifted flour
1/2 cup melted Crisco
3 eggs
3/4 tsp. salt
1 tsp. cinnamon
2/3 cup raisins

Icing: 1 egg white
3/4 to 1 cup sifted confectioners sugar

Note: 2 eggs and 1 yolk may be used, saving 1 egg white for icing.

Dissolve yeast and sugar in warm milk. Add 1 cup flour and beat until smooth. Add Crisco, beaten eggs and dry ingredients. Beat well, then stir in raisins. Let rise until double in bulk in warm place (80-85°F). Punch down. Roll 1/2" thick on lightly floured board. Cut with floured cutter. Place 2" apart on cookie sheet which has been rubbed with Crisco. Let rise about 1½ hours. Snip tops in form of cross. Bake 12-20 minutes at 350°F.

Beat egg white with confectioners sugar. Ice hot baked buns in form of cross. Makes 18 to 20 2½" buns.

Barbara Olson

1 cup milk, scalded
¼ cup butter
1/3 cup honey
1 yeast cake
1/4 cup warm water
1 tsp. salt
2 large eggs
5 cups flour (approx.)

Dissolve yeast in warm water. Stir butter, honey and salt in warm milk. Cool. Add eggs and stir to blend. Add flour, one cup at a time, to make a soft dough, kneading at the end. Place in greased bowl and let rise til double in bulk. (If you are home for the day, punch down and let rise again.) Then shape into rolls and let rise for a third time (second time if you are rushed). Bake on a greased baking sheet at 400° for 20 minutes.

I usually decorate these for holidays. They keep well because of the honey.

Natalie Balzarini

DROP BISCUITS

2 cups flour
4 tsp. baking powder
1/2 tsp. salt
2½ Tblsp. fat
3/4 cup milk

Mix dry materials by sifting together. Cut the fat into the dry ingredients with a fork, then blend in the liquid. The mixture is a proper consistency when it drops from a spoon without spreading.

Drop by spoonfuls on an oiled pan or into a muffin tin. Bake in a hot oven from 12 to 15 minutes.

Patsy Niemi

BUTTERMILK BISCUITS

4 cups of flour
6 tsps. baking powder
1 tsp. salt
1/2 tsp. baking soda
2/3 cup shortening
1 1/3 to 1 1/2 cups buttermilk

Sift dry ingredients; mix shortening. Add milk forming a ball of dough. Roll on floured board. Knead 24 strokes-32. "Crusty Biscuits" Cut with long cutter or glass tumbler; place 3/4 in. apart on baking sheet. "Soft Sides" Place close together in shallow baking dish. Brush tops with light cream or milk. Bake 450° 12 to 15 minutes. Recipe may be cut in half. Serve hot with butter, honey or jam.

* Cool. Break in half putting strawberries between layers and whipped cream on top. If you are using biscuits for shortcake, you may want to add a little sugar to mixture before mixing.

Judy Parker

BLUEBERRY MUFFINS

2 cups sifted all-purpose flour
3 tsp. baking powder
1/3 cup sugar
3/4 tsp. salt
1 egg, beaten
3/4 cup milk
1/4 cup melted shortening
1 cup blueberries

Mix and sift dry ingredients. Add egg, milk and melted shortening. Mix together. Add blueberries.

Bake at 425° for 20-25 minutes.

Mary Jane Carollo

QUICK GRAHAM BREAD

1/2 cup all-purpose flour
1 teaspoon baking powder
1 teaspoon soda
1 teaspoon salt
2 cups whole-wheat flour
4 tablespoons melted shortening
1-1/2 cups sour milk
1/2 cup molasses

Mix and sift white flour, baking powder, soda and salt. Add whole-wheat flour, shortening, sour milk, and molasses. If desired, add 1/2 cup nutmeats broken in pieces. Bake about 50 minutes at 375°.

BANANA NUT BREAD

3 ripe bananas
2 eggs, beaten light
2 cups all-purpose flour
3/4 cup sugar
1 teaspoon salt
1 teaspoon soda
1/2 cup nut meats, chopped

Mash bananas. Add eggs. Add flour sifted with sugar, salt, and soda. Add nut meats. Stir well. Bake 1 hour at 350°.

SUGAR-FREE BANANA NUT BREAD

4 ripe bananas, mashed
1½ Tbsp. liquid sugar substitute
2 eggs, well beaten
1-3/4 cups cake flour
3 tsp. baking powder
1/4 tsp. salt
1/4 cups chopped nuts

Sprinkle sugar substitute over bananas and stir. Blend in eggs. Sift together flour, baking powder and salt. Add walnuts. Blend thoroughly with banana mixture.

Pour into a generously greased and floured loaf pan and bake 25 mins. at 350 degrees. Reduce heat to 300 degrees and bake an additional 40 mins., or until golden brown.

Roy Elwell

PUMPKIN NUTBREAD

2 cups sifted flour
2 tsp. baking powder
1/2 tsp. soda
1 tsp. salt
1 tsp. cinnamon
1/4 cup softened oleo
1/2 tsp. nutmeg
1 cup pumpkin
1 cup sugar
1/2 cup milk
2 eggs
1 cup chopped nuts

Sift together flour, baking powder, soda, salt, cinnamon and nutmeg. Combine pumpkin, sugar, milk and eggs in mixing bowl. Add dry ingredients and butter. Mix well. Stir in nuts. Spread in well-greased 9x5x3" loaf pan. Bake in 350° oven for 45-55 mins. Test with toothpick.

Note: For 2 loaves use 1 can (No. 303) Pumpkin (Libby's) and double remaining ingredients. Bread may be frozen.

E. Cooney

ZUCCHINI BREAD

Combine: 3 Eggs
1 cup Oil
2 cups Grated Zucchini
1 tsp. Vanilla

Add: 3 cups Flour
1 cup Oatmeal
2 cups Sugar
1 tsp. Soda
1 tsp. Salt
1/4 tsp. Baking Powder
1 tsp. each Cinnamon and Nutmeg
1/2 tsp. Ground Cloves

Pour into 2 greased and floured bread pans. Let stand 20 minutes. Bake at 350° for 60 minutes.

CORN BREAD

Use butter, chicken fat or beef drippings as shortening.

3/4 cup corn meal
1 cup all-purpose flour
1/3 cup sugar
3 teaspoons baking powder
3/4 teaspoon salt
1 cup milk
1 egg, well beaten
2 tablespoons shortening, melted

Mix and sift dry ingredients. Add milk, egg and shortening. Bake in a shallow buttered pan (8x8") 20 minutes at 425°.

STRAWBERRY BREAD

Sift together:
3 cups flour
1 tsp. salt
3 tsp. cinnamon
1 tsp. soda

Add:
2 cups sugar
Beat 3 eggs and add
1½ cups oil and 2 cups frozen strawberries with juice.

Add: Dash of butter flavoring, strawberry flavoring and red food color (optional).

Blend together. Add 1 cup chopped pecans.
Grease three 1-lb. coffee cans and flour.
Fill half full. Bake 1 hour at 350°.

Polly Wicky

CINNAMON TWISTS

You'll need: 2 tablespoons of butter
1/4 cup of sugar
1 teaspoon of ground cinnamon
1 package refrigerated biscuits (8 biscuits)
1 tablespoon of chopped walnuts

1. Set oven at 425°. Melt butter in small saucepan. Remove from heat. Combine sugar and cinnamon in bowl.
2. Ross each biscuit into a nine inch rope. Pinch ends of rope together with fingers to seal.
3. Dip biscuit circles in melted butter, then in sugar-cinnamon mixture. Twist each biscuit to form a figure 8.
4. Place biscuits on baking sheet. Sprinkle with nuts. Bake 8-10 minutes.
5. Remove twists and cool.

Christine Carollo
Age 8

GRANOLA

4 cups rolled oats
1/2 cup sesame seeds
1/2 cup sunflower seeds
1/4 cup honey or maple syrup
1/4 cup safflower or corn oil
1-2 tsp. vanilla

In a large mixing bowl combine oats, sesame and sunflower seeds, mixing well. In another bowl mix together sweetener, oil, and vanilla, then add to dry ingredients. Mix thoroughly to an even consistency and spread out in a shallow baking pan (possibly 2). Set in a 325° oven to bake for about 40 minutes or until fairly dry and golden brown.

Be sure to stir regularly, at least once every 10 minutes to prevent burning on top and sides. Granola will become crispier and crunchier as it cools; after cooling, it is ready to eat as is or with hot or cold milk or other beverage. Makes 5-6 cups. Store in the refrigerator.

.....Continued

GRANOLA, Continued

The basic ingredients for granola are cereal, oil, sweetener and "extra". Using the same basic proportions as in this recipe, use your imagination to creat many different granolas.

"Extras"

sesame seeds
sunflower seeds
wheat germ
coconut
soy grits
buckwheat
wheat flakes
soya granules
flax seeds
almonds
cashews
peanuts
raisins, currants, dates should be added after cooking

WHOLE WHEAT WAFFLES

4 eggs
2 cups whole wheat flour
1/4 teaspoon salt
1 cup raisins or sunflower seeds or sesame seeds or granola

Separate the eggs. Beat the whites until they are stiff. In a large bowl, mix the egg yolks, flour, water, salt, and the raisins or seeds. Fold in the beaten egg whites. Cook on a hot waffle iron until done. Serves four.

Becky Clark

NOTES ON BREAD-MAKING:

Yeast breads love punishment; the more you knead, punch, and work them, the gentler they become.

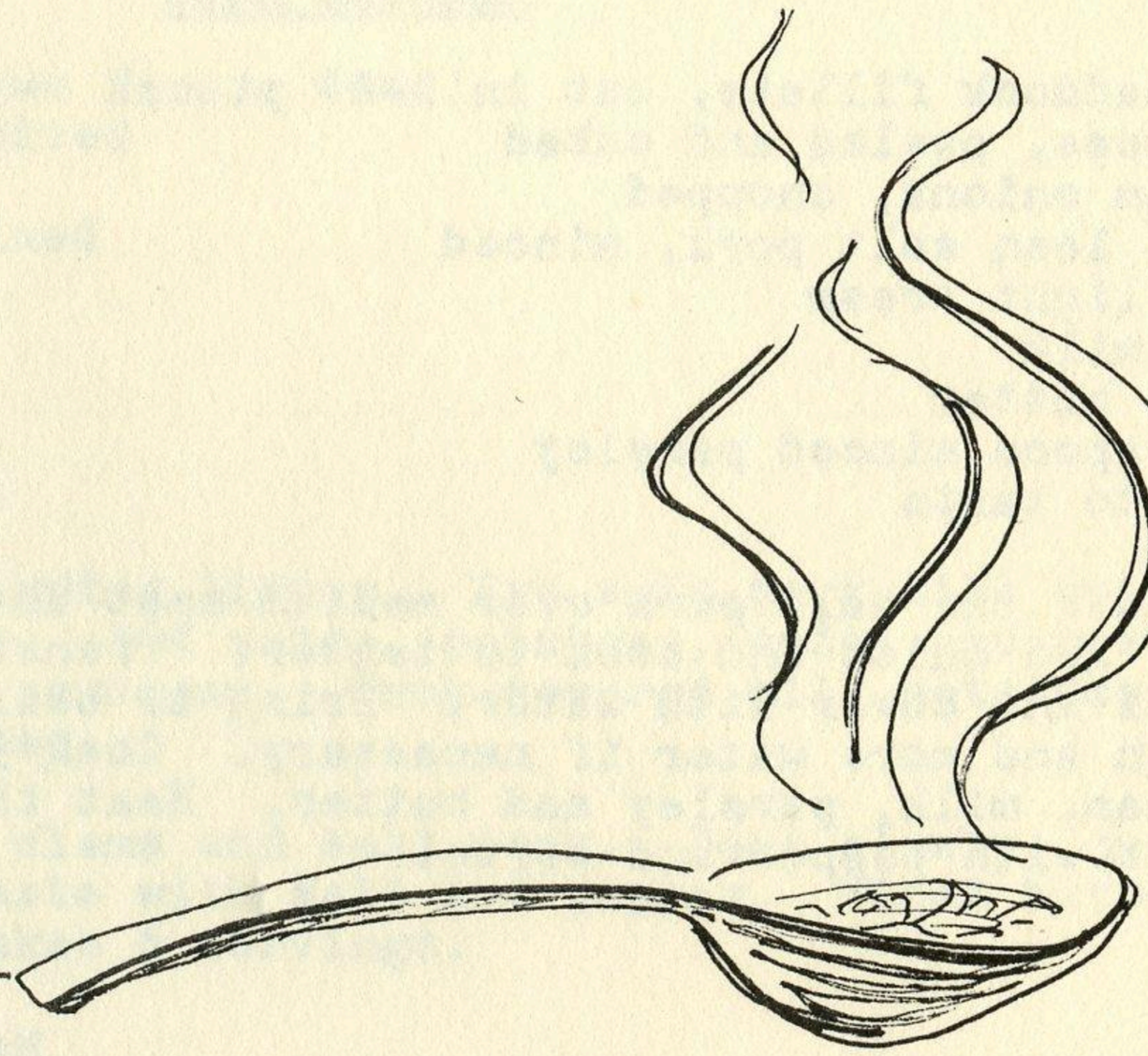
Pastry dough, on the other hand, should be worked with utmost gentleness: make a game of putting together your pie-crusts in as little time as possible (certainly under 60 seconds) and your result will be surprisingly flaky pastry.

"A warm place" is a very tricky phrase. Never allow the temperature to get higher than what is comfortable to your wrist. Yeast is a living thing and what would do you in will surely undo a yeast. The only time your bread dough should have to face high temperatures is at the end of its journey -- in the baking.

If you've forgotten your bread, or can't get to it before it has over-risen, simply punch it down and let it rise again.

III.

Soups and Chowders



FISH CHOWDER

Made in Electric Slow Cooker

2 lbs. fresh haddock
1/4 lb. salt pork or bacon, diced
1 medium onion, chopped
4 medium potatoes, pared and cubed
2 cups water
1½ teaspoon salt
1/4 teaspoon pepper
1 can (13-oz.) evaporated milk

In small skillet, saute salt pork (or bacon) and onion until golden. Drain and put into cooker with fish. Add all remaining ingredients, except evaporated milk. Cover and cook on High for 2 to 3 hours (or Low for 6 to 9 hours) until potatoes are tender. Add evaporated milk during last hour.

Alice M. Marr

DUD'S FISH CHOWDER

2 lb. haddock fillets, cut in 1-2" pieces
5 potatoes, peeled and cubed
3 medium onions, chopped
1/4 lb. lean salt pork, minced
1 pint light cream
1 pint milk
1/4 cup butter
1 tablespoon minced parsley
Pepper to taste

Sauté the salt pork over medium heat until crisp but not brown. Add onion and cook to tender. Transfer to soup pot. Add potatoes and cover with water. Bring to boil and cook 8 min. Add fish and more water if necessary. Cook 5 min., but do not boil. Add cream, milk, parsley and butter. Heat through but do not boil.. Sprinkle with pepper and serve.

Matt Cooney

LOBSTER NEWBURG

1/3 cup butter
2 Tablespoons all-purpose flour
2 cups light cream
4 beaten egg yolks
2 5-oz. cans lobster meat, cubed
  or meat from 2 chicken lobsters, boiled
1/4 cup of cooking sherry
2 teaspoons lemon juice
1/2 teaspoon salt

Melt butter in skillet; blend in flour. Slowly pour in cream. Cook slowly, stirring constantly, until thick.

Stir small amount of sauce into egg yolks; return to hot mixture and cook till blended, stir constantly about 1 min. Add lobster, cooking sherry, lemon juice and salt. Heat through. Serve over toast. Sprinkle with paprika.

Use same directions for Shrimp Newburg, substituting 2 cups of canned shrimp.

Mary Jane Carollo

CLAM CHOWDER

2 cups minced clams (two 7½ oz. cans)
1/4 pound salt pork, diced
2 cups water
5 medium potatoes, sliced
1/2 cup chopped onion
2 cups milk
1 cup light cream
1½ teaspoons salt
dash pepper

Drain clams, reserving liquor. Fry salt pork till crisp in large saucepan, remove. Add water, potatoes, onion and reserved clam liquor to fat in saucepan. Cook covered till potatoes are tender, 10 to 15 minutes.

Add milk, cream, clams and salt pork. Heat slowly, just to boiling. Season to taste with salt and pepper. Float butter atop each serving. Makes 6 servings.

Barbara Olson

SUPER CORN CHOWDER

5 slices bacon
1 medium onion sliced thin
2 cups creamed corn
1 cup diced cooked potatoes
2½ cups milk
1 teaspoon salt
dash pepper

In large saucepan, cook bacon till crisp. Remove bacon, pour off drippings, returning 3 tablespoons to pan. Add onion and cook till lightly browned. Add remaining ingredients. Heat to boiling, reduce heat, simmer a minute or two. Crumble bacon over chowder. Top each serving with butter. Serves 6.

Barbara Olson

SPLIT-PEA SOUP

1 lb. (2¼ cups) green split peas
1 meaty ham bone
1½ cups sliced onion
1 teaspoon salt
1/2 teaspoon pepper
1 cup diced carrots

Cover peas with 2 quarts cold water, soak overnight (or simmer gently 2 minutes, then soak 1 hour). Add ham bone, onion and seasonings. Bring to boiling, cover, reduce heat and simmer (don't boil) 1½ hours. Stir occasionally and add water as necessary. Remove bone, cut off meat and dice. Return meat to soup; add vegetables. Cook slowly, uncovered, 30 to 40 mins. Salt to taste, if necessary. Serves 6 to 8.

Barbara Olson

GREEK LENTIL SOUP

1/2 (1-pound) bag lentils
1 large onion, diced
2 tablespoons butter, melted
1/2 (8-ounce) can tomato sauce
1 heaping teaspoon tomato paste
salt
pepper

Rinse lentils and place in pot; fill pot with 4 inches of water. Cover and bring to a boil. Meanwhile, sauté onions in melted butter until tender; let simmer slowly.

Mix together tomato sauce, tomato paste and some cooking liquid from lentils. Pour tomato mixture into onions; add salt and pepper to taste. Pour tomato-onion mixture into lentils. Reduce heat; simmer at least one hour. The longer it cooks, the better it tastes. Stir occasionally and check the juice. Be careful not to let water evaporate. If it does, add more. Serve hot.

Becky Clark

CHICKEN AND MUSHROOM SOUP

For a quick, nourishing winter soup, combine 1 can Cream of Chicken Soup with 1 can of Cream of Mushroom Soup. Add 1 can water and some minced celery and/or onion and parsley flakes. Heat to boiling and serve dotted with butter.

Serves 4 or 5.

Barbara Olson

QUICK CHICKEN-NOODLE SOUP
(for easy luncheon)

Cook 1 cup noodles in 3 cups chicken broth till noodles are tender. (use canned chicken broth). Makes 4 servings.

PEA SOUP ROYAL
(Quick and easy luncheon dish)

Blend 1 can condensed green pea soup, 1 can condensed Consomme and 1/2 soup can milk. Heat to boiling. Top with skillet croutons. Makes 4 servings.

Barbara Olson

GAZPACHO

4 tomatoes, peeled and chopped
1 large cucumber, diced
1 minced onion
1 green pepper, finely chopped
2 cups tomato juice
3 TB. olive oil
1 TB. cider vinegar
salt and pepper to taste

Mix all the ingredients in a bowl, blending the olive oil and vinegar into a dressing before adding. Refrigerate for several hours before serving.

Becky Clark

IV.

Salads

TUNA AND BASIL MOLD

15 oz. can tuna fish
small can tomato puree
2 TB chopped basil
1 TB finely chopped onion
1 tsp. ground ginger
1/4 cup hot water
2 TB gelatine
8 oz. plain yogurt
salt and pepper

In a saucepan gently heat the puree, basil, onion and ginger; do not boil. Pour the hot water over the gelatine, mix until the liquid is clear and stir into the tomato mixture. Take from the heat; fold in the tuna and yogurt, season with salt and pepper. Pour into a mould and leave to set in the refrigerator. Additional fresh basil can be used as a garnish.

Becky Clark

ELBOW MACARONI SALAD

1/2 lb. elbow macaroni
3 hard boiled eggs
3 stalks celery, diced
1 small onion, minced
1/2 cup sliced green stuffed olives
1/4 cup mayonnaise
1/8 cup milk
1/2 teaspoon sugar
1/8 cup vinegar
Salt and pepper to taste

Cook macaroni, drain and rinse. Mix with remaining ingredients.

Mary Jane Carollo

MACARONI SALAD

2 cups (6 oz.) Spiral Macaroni uncooked (or 3 cups cooked)
6 Hard Boiled Eggs, chopped
3 oz. Cheddar Cheese, cubed
1 cup Sliced Celery
3/4 to 1 cup Mayonnaise
2 Tablespoons finely chopped green onion
or 1 Tablespoon Chopped Chives
1/2 tsp. Dry Mustard
1/8 tsp. Salt
Lettuce Leaves
2 Tblsps. Chopped or Slivered Almonds (optional)

Cook Macaroni. Drain well, cover and chill.
Meanwhile, combine eggs, cheese, celery, mayonnaise, onion, mustard and salt. Stir in macaroni (cover and chill).

Serve on bed of lettuce leaves and sprinkle with almonds.

Makes 4-6 servings.

GARDEN EGG SALAD

1/2 cup Mayonnaise
1/3 cup Sweet Pickle Relish
1/2 tsp. Celery Salt
1/2 tsp. Instant Minced Onion
8 Hardboiled Eggs, chopped
1 pkg. Frozen Peas
1/4 cup Chopped Celery
Lettuce Leaves (optional)

In medium bowl, stir together, mayonnaise, relish, celery salt and onion until blended. Toss with eggs, peas and celery until combined. Cover and chill to blend flavors.

Serve on lettuce leaves, if desired.

COLE SLAW

1/2 head cabbage, sliced thin
1 Tbsp. chopped onion
1 tsp. salt - pepper
1/4 cup sugar
2 Tbsps. Vinegar (or use ready-
1 Tbsp. Salad Oil (made dressing
1 Large serving spoon Mayonnaise

Combine all ingredients except mayonnaise. Chill one hour or more to marinate. Just before serving, add mayonnaise.

Add carrot slivers/green pepper for color.

Eleanor Kramer

ANNETTE'S CUCUMBER SALAD

3 medium cucumbers
1 medium onion
mayonnaise
1 tsp. dill weed

Peel the cucumbers and the onion. Slice both in very thin slices. Sprinkle with dill weed and add enough mayonnaise to cover all slices well. Refrigerate for several hours before serving.

TOMATO AND CHEESE SALAD

1/2 Tblsp. gelatin
1/4 cup cold water
2 cups canned tomato juice
1 tsp. chopped onion
6 stuffed olives, chopped
2 small pkgs. cream cheese

Soften gelatin in cold water. Heat 1 cup tomato juice. Add softened gelatin and stir until dissolved. Add remaining cup of tomato juice and finely chopped onion. Form olives and cream cheese into balls; place in bottom of mold and fill mold with tomato/gelatin mixture. Chill until set. Unmold and serve on crisp greens with French or mayonnaise dressing.

from the collection of
Honora O'Brien

PIQUANT ZUCCHINI

2 lb. small zucchini
4 TB chopped shallots
1 sweet red pepper, chopped
2 TB chopped parsley
1 TB chopped oregano
1/2 cup olive oil
3 TB cider vinegar
1 tsp salt
freshly ground pepper
2 tsp. honey
1/2 lb. pitted black olives

Slice zucchini into rings, cook for 2 minutes in salted boiling water; drain and leave to cool. Add shallots, red pepper, parsley and oregano. Make a dressing w/ oil, vinegar, salt, pepper and honey. Mix very well. Pour over zucchini; garnish with olives.

Becky Clark

DANISH CUCUMBER SALAD

1 cup White Vinegar
1 cup Water
1 cup Sugar
1 tsp. Salt.

Slice 2 cucumbers with skin on or off. One medium onion cut in rings. Put in a 1-quart bottle and add vinegar, water, sugar, salt, and marinate overnight.

FRUIT-FLAVORED VEGETABLE SALAD

1 cup raw chopped carrots
1 cup chopped celery
1 cup chopped cabbage
1/2 cup diced apple
1/2 cup pineapple juice

Toss vegetables together, add juice and chill well before serving.

Becky Clark

HOT CHICKEN SALAD

2 cans Cream of Chicken Soup
1 cup Mayonnaise
2 cups Chopped Celery
1 small onion, chopped
3-4 cups cut-up Chicken
Crush potato chips

Stir together soup and mayonnaise. Add the rest except chips. Put into casserole and sprinkle with chips. Bake at 350° about 1/2 hour until hot and bubbly.

Celery is crunchy.

Serves 8-10 people.

Margaret Karcher

FRUIT SALAD

1 cup Miniature Marshmallows
1 cup Coconut
1 cup Plain Yogurt
1 cup Chunk Pineapple
1 cup Mandarin Oranges

Mix together, chill and serve.

Vicki Hedges

FROZEN FRUIT SALAD

2 eggs, beaten
2 Tbsp. vinegar
2 tsp. sugar
6 marshmallows, cut up
1 pint cream, whipped
1 can (17 oz.) fruit cocktail, drained

Combine first 4 ingredients in top of double boiler and cook, stirring constantly until thickened. Remove top of double boiler and put in refrigerator to cool. Add whipped cream, drained fruit and enough food coloring to make it light pink. Pour into an 8" square pan and freeze. Thaw slightly before serving. Serve in squares on lettuce leaf.

Jean Cameron

TURKISH CUCUMBERS

1 clove garlic
2 cups yogurt
1/2 cup olive oil
4 cucumbers diced or sliced
lettuce leaves to garnish
chopped fresh mint

Crush the garlic and add it to the yogurt and olive oil; mix thoroughly and then fold in the cucumbers. Serve on a bed of lettuce leaves and sprinkle with chopped mint.

Becky Clark

PINEAPPLE SALAD

1 pkg. lime Jello

Dissolve with water and pineapple juice to make 2 cups. Cool and whip. Add

1/2 cup mayonnaise
1/2 cup whipped cream
2/3 cup pineapple
2/3 cup celery, chopped
2/3 cup apple, chopped

Fill mold and chill. Serve on lettuce.

Betty Frontiero

FRUIT MOLD

2 9-oz. CoolWhip
1 3-oz. pkg. Orange Jello
1½ cups Cottage Cheese (small curd)
1 20-oz. can Pineapple Chunks (cut up)
1 13-oz. can Mandarin Oranges

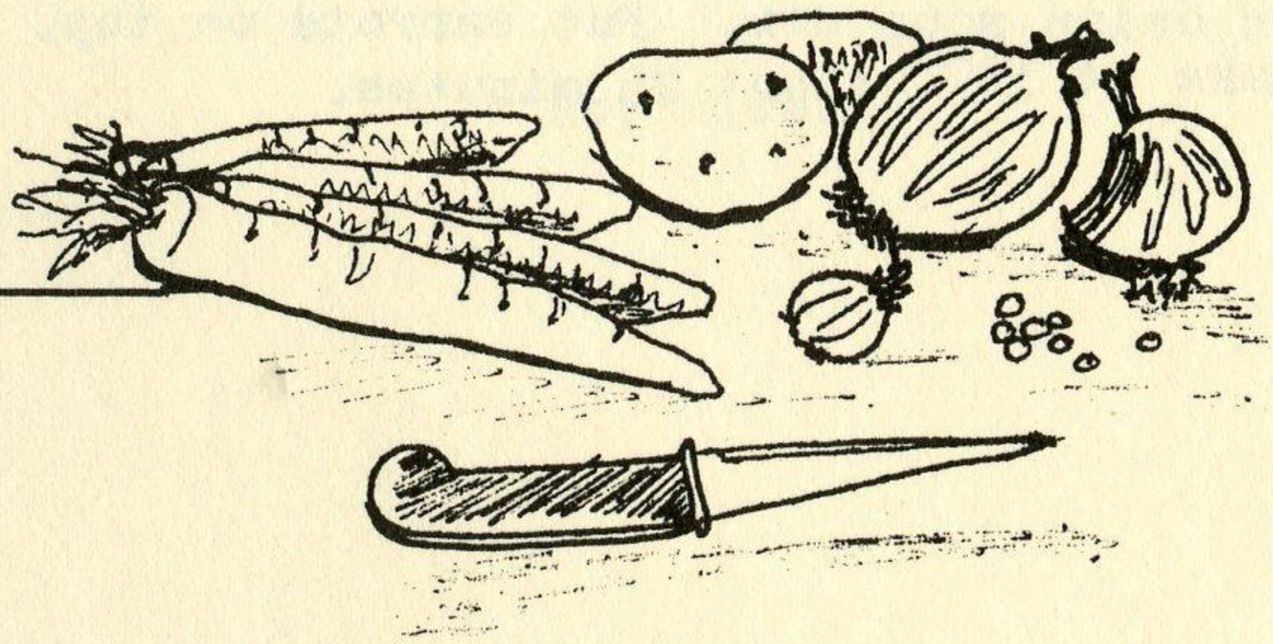
In large bowl, sprinkle Jello powder over cottage cheese and CoolWhip. Mix well. Add well drained pineapple and oranges. Put mixture into <u>oiled</u> Bundt or mold. Refrigerate overnight.

Gladys Manson

... Notes ...

V.

Vegetable Dishes



HARVARD BEETS

2 tbsp. butter or margarine
2 tbsp. flour
¼ c. beet liquid from can
1/3 c. brown sugar
¼ c. vinegar
½ tsp. salt
few grains pepper
1/8 tsp. cloves
1 No. 2 can sliced beets
(2½ cups)

Melt butter or margarine. Add flour and blend. Add beet liquid and cook until thickened stirring constantly. Add brown sugar, vinegar, salt and pepper and cloves. Stir until sugar dissolves. Drain beets and add. Heat thoroughly. This makes 4 servings. Very good with fish.

SPINACH SOUFFLE WITH CARROTS

2 packages frozen chopped spinach
½ cup sour cream
1 tsp. onion soup mix
1 package frozen buttered carrots
buttered bread crumbs

Thaw spinach. Blend in casserole with sour cream. Stir in onion soup mix. Put carrots on top. Cover with crumbs. Bake at 350° about 25 minutes.

ITALIAN EGGPLANT

1 med. eggplant, pared and cut in ½ inch pieces
½ c. melted butter
3/4 c. breadcrumbs
¼ tsp. salt
1 8 oz. can tomato sauce
1 4 oz. can mushrooms
1 tsp. oregano
1 c. shredded Mozzarella cheese

Dip eggplant in butter, then in mixture of breadcrumbs and salt. Place on greased cookie sheet. Spoon sauce and mushrooms on top of each slice. Sprinkle with oregano and cheese. Bake at 450° 10-12 minutes.

Mary Jane Carollo

BARBECUED ONIONS

Cook peeled onions until almost tender in boiling salted water. Place onions in a baking dish and pour barbecue sauce over them. Bake at 400 degrees about 45 minutes, basting several times.

Serve with a sprinkling of chopped parsley.

Roy Elwell

STUFFED ZUCCHINI

2 lbs. zucchini
½ lb. ground beef
chopped onion
¼ cup mayonnaise
2 tsp. parsley flakes
oatmeal
½ tsp. oregano
1 tsp. salt
1 tsp. lemon juice
2/3 cup spaghetti sauce
sliced cheese

Halve zucchini. Scoop out. Place in shallow pan. Mix ingredients and spoon into shell. Top with spaghetti sauce. Bake covered in 350° oven for 30 minutes. Uncover and put cheese slices on top until melted.

ZUCCHINI PARMESAN

5 small zucchini squash, thinly sliced
2 tbsp. butter
½ tsp. salt
dash pepper
2 tbsp. grated parmesan cheese

Put zucchini, butter and seasonings in skillet. Cook slowly 5 minutes covered. Uncover and cook, turning slices until barely tender. Sprinkle with cheese and toss.

Mary Jane Carollo

BAKED BEANS

2 c. beans. Soak overnight. Drain and rinse. Cover with cold water. Simmer until bean can be pinched. Blanche with cold water.

¼ tsp. dry mustard
¼ c. molasses
2 tsp. salt
sm. piece salt pork

Add above to beans in pot. Push pork into middle of beans. Cover with hot water. Cover and bake at 325° 6 hrs.

I bake all day at 200°. Remove cover last hour.

Eleanor Kramer

BOSTON BAKED BEANS

1 qt. California pea beans
1 c. molasses
3 large onions, quartered
½ lb. salt pork
3 tbsp. brown sugar
3 tsp. dry mustard
salt & pepper to taste
2 tbsp. butter

Soak beans overnight. Bring beans to boil and simmer uncovered for 30 minutes. In a 4 quart bean pot, place salt pork, scored through to rind in 1" squares. Add beans, onions and remaining ingredients. Cover with water. Bake, covered, at 350° for 6 hours, adding water as necessary. Uncover and bake at 400° to brown the top.

Isabelle Cooney

LENTILS AND CURRIED EGGS

8 oz. lentils
2 onions
4 tbsp. butter
4 hard-boiled eggs
1-1/2 tbsp. curry powder
1/2 cup hot water
Salt and freshly ground pepper

Soak lentils overnight. Slice onions and saute in the butter until golden. Prick eggs all over with a fork; brush with about half of the curry and saute with onions for about 5 minutes; remove the eggs. Add the rest of the curry to the onions; mix well and slowly add the lentils. Cook for 5 minutes, stirring all the time. Add the hot water, salt and pepper. Replace the eggs; cover and simmer until the lentils are tender and have absorbed the water - about 30 minutes.

Becky Clark

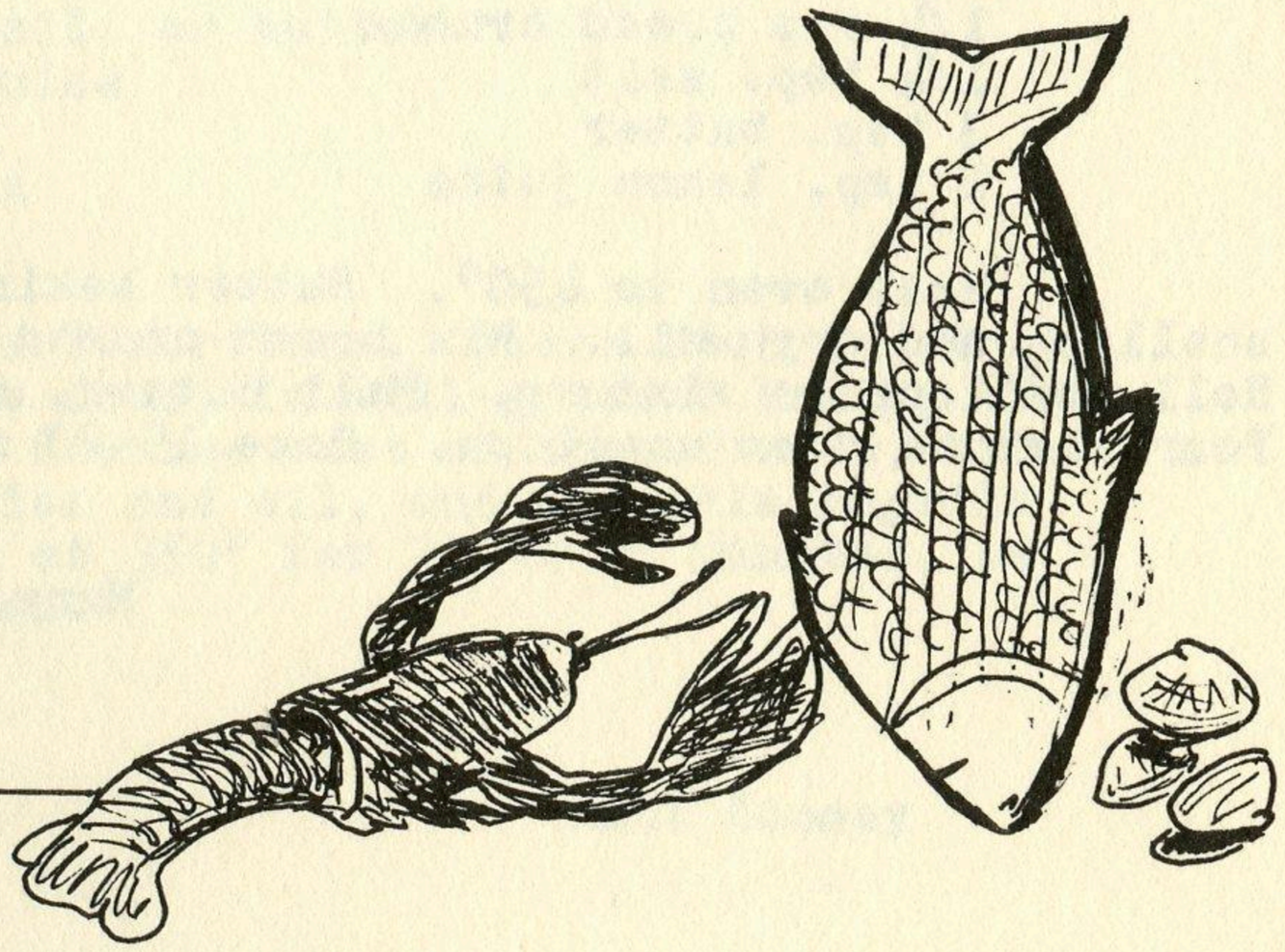
BAKED BEANS WITH LINGUICA

1 lb. (2 cups) dry navy beans
1-1/2 quarts cold water. Soak overnight. Drain off water and pour beans into bean pot. Add layer of linquica, cut up (about 1 lb.).
Then add: 1/3 cup brown sugar
1 tsp. dry mustard
1/4 cup molasses
1/4 lb. salt pork. Cut salt pork in half.
1 medium onion, sliced
1-3/4 cups water, adding water if needed
Cover pot. Bake at 300° for 5 to 7 hours. Add more liquid if needed.

Makes 8 servings.

VI.

Seafood Specialties



SALMON LOAF

1 16-oz. can salmon
1 cup cracker or bread crumbs
1 cup milk
2 eggs, beaten with milk
2 Tbsp. lemon juice
1 Tbsp. chopped parsley
2 tsp. onion powder
salt and pepper to taste

Mix well. Bake about 45 minutes at 350°.

Mary Jane Carollo

BAKED SCALLOPS

1 lb. scallops
1/4 cup bread crumbs
1/4 tsp. salt
3 tsp. butter
2 tsp. lemon juice

Heat oven to 450°. Butter baking dish. Wash scallops and dry well. Mix bread crumbs and salt in bowl. Roll scallops in mixture. Melt butter, stir in lemon juice. Pour mixture over scallops. Bake 15-20 minutes until tender.

Mary Jane Carollo

CRISPY FISH BATTER

1 cup flour
2 tsp. baking powder
1/4 tsp. salt
2 tsp. sugar
1 Tbsp. salad oil
1 cup water

Mix dry ingredients, add oil and water, stirring until well blended. Dip fish into batter and fry.

FISH BATTER FOR DEEP FRYING

1 cup flour
1 egg
1/2 cup milk.
1 tsp. baking powder
1 tsp. salt
2 Tbsp. oil

Mary Jane Carollo

BAKED FILLETS OF SOLE

2 lb. fish fillets
2 Tbsp. melted oil, or butter
2 Tbsp. lemon juice
1 tsp. salt
1/2 tsp. paprika
dash pepper

Cut fish in 6 portions. Place fish in single layer, skin side down, in well-greased baking dish, 12x8x2 inches. Combine rest of ingredients, and spread lemon juice and oil, and sprinkle paprika over top. Bake at 350° for 20 to 25 minutes, or until fish flakes.

Matt Cooney

BAKED CUSK

Grease shallow pan. Wash and cut fish into serving pieces. Place in bowl with small quantity of milk (15 min.).

Roll fish pieces in Ritz cracker crumbs. Place on pan, cover top of fish with French dressing. Sprinkle on another thin layer of crumbs, salt, and dot with butter. Pour a little milk around fish pieces.

Bake 40 minutes at 350 to 400°.

Marjorie Arlington

BAKED FISH FILLETS

Place fish fillets on greased baking dish. Sprinkle generously with lemon juice. Sprinkle on top 1/2 tsp. salt, 1/4 tsp. marjoram, 1/8 tsp. pepper which has been blended together. Bake 20 minutes at 350°.

Meanwhile, prepare 1 cup soft bread crumbs, 1 cup shredded Provolone cheese and mix with 3 Tbsp. melted butter. Place mixture on fish and continue to bake for 10 minutes.

Place under broiler to brown topping -- this takes a very short time, so watch carefully.

Marjorie Arlington

This recipe first appeared in the March, 1964 Better Homes & Gardens magazine and won a prize for Mrs. Maxwell S. Ball of Gloucester. It's become a family favorite.

HADDOCK-SHRIMP BAKE

2 pounds fresh or frozen haddock or sole fillets
1 can frozen condensed cream of shrimp soup, thawed
1/4 cup butter or margarine, melted
1/2 tsp. grated onion
1/2 tsp. Worcestershire sauce
1/4 tsp. garlic salt
1-1/4 cups crushed rich round crackers (30 Ritz crackers)

Slightly thaw frozen fillets. Place in greased 13 x 9 x 2 inch baking dish; spread with soup. Bake in 375° oven 20 minutes. Combine butter and seasonings; mix with cracker crumbs; sprinkle over fish. Bake 10 minutes longer. Makes 6 to 8 servings.

I've used a can of Newburg sauce instead of the shrimp soup with equal success.

Jean Crowell

SAUTÉED OR BAKED SCALLOPS

Dip scallops into seasoned cream or melted butter. Season cream with salt and pepper and your favorite herbs. You may add a dash of sherry or Worcestershire sauce to cream.

OR--Dip scallops in one beaten egg diluted with 1 Tbsp. water or oil. Season with salt and pepper and herbs of your choice.

Then roll scallops in crushed cornflakes or bread crumbs.. Dry for about 15 minutes.

Sauté 5-10 minutes or bake 5-10 minutes at 350° or broil.

Whichever method you choose, they'll be delicious.

Jean Crowell

FILLETS OF SOLE, À LA MEUNIÈRE

Dip fillets of flounder lightly in salted flour. Melt butter in heavy frying pan. Put in fillets and cook until delicately brown. Squeeze a little lemon juice into the liquid in the pan and pour over fish. One pound serves 3.

BROILED SCALLOPS

Drain scallops; cut in halves.

Dip in melted butter, roll in cracker crumbs and place on a well-oiled baking sheet under the broiler. Brown on both sides.

SEAFOOD AU GRATIN

1 can (10½ oz.) Condensed Cream of Celery Soup
1/4 cup Water
1 Tblsp. Dry White Wine
1/4 cup Buttered Bread Crumbs
2 cups Cooked flaked, fish, or crab, lobster, shrimp, etc.
1/2 cup Mild Cheese (shredded)
1 Tblsp. Minced Parsley

Blend soup, water and wine with seafood, cheese and parsley. Spoon into shallow baking dish 10x6x2" and top with crumbs.

Bake in a hot oven 400° 20 mins. or till crumbs are brown.

Serves 3-4.

CREOLE FILLETS

1 cup chopped onions
1 cup chopped green pepper
1 clove garlic, minced
2 1-lb. cans tomatoes
1 or 2 bayleaves
1 teaspoon salt
2 pounds haddock fillets

Cook onion, green pepper and garlic in 3 tablespoons cooking oil till tender. Add tomatoes, bayleaf, salt. Simmer 30 min.

Place fish in baking dish. Sprinkle with salt and 1/2 tsp. pepper. Pour tomato mixture over fish.

Bake at 350° about 45 min., until tender.

Mary Jane Carollo

MARINATED TROUT

4 small trout
1 TB olive oil
1/2 cup white wine
1 TB honey
4 shallots, chopped
1 tsp. cumin
salt and pepper
1 TB chopped chives
Chopped parsley

Make a marinade from the oil, wine, honey, shallots, cumin, salt and pepper. Let the fish stand in this for an hour. Wrap each fish in foil, well oiled. Put in a casserole and cook on a low flame or in a moderate oven for 40 minutes. Garnish with chives and parsley.

Becky Clark

FRIED FISH

2 good sized fillets of fish (Haddock - Sole)

2 eggs

Flour

1/2 oil

Salt and pepper to taste

In a soup dish, beat 2 eggs. Put flour on paper plate. Cut fish into moderate pieces.

Dip fish in eggs and roll in flour, using 9 inch frying pan; pour in oil and preheat. Use medium heat.

Cook fish until golden brown on both sides. Serve with preferred vegetables. Lemon may be used on fish.

CORNED HAKE

2 medium size fillets of hake (skinned)

Using table salt, salt well on both sides and place in a pan; let set overnight.

NOTE: Do not use aluminum pan because of salt. It should set for 12 to 14 hours at least.

1 medium onion

1/2 lb. pork (salt)

4 to 6 medium size potatoes

1 can beets - pickled if desired

Peel and dice onion; cut potatoes in half. Cover with water. When potatoes are almost cooked, rinse hake. Cut in moderate pieces. Cook for about 10 minutes until fish is done.

Dice salt pork and fry until golden brown. Have beets prepared. Drain fish and potatoes and serve with pork scraps. It should serve 4.

NOTE: The fish, potatoes and onion may also be served with vinegar and oil instead of pork scraps. Any vegetable may be used for a side dish if preferred over beets.

FISH PIE WITH NUTS AND HERBS

2 cups cooked, flaked fish
1-1/2 c. bechamel, with salt, pepper, nutmeg
2 TB chopped chives
1 TB chopped walnuts
1 TB chopped parsley
slices of lemon

Fold fish into bechamel sauce; put into casserole and cover with herbs and nuts. Cook in a moderate oven 45 minutes. Serve with lemon slices.

Becky Clark

BAKED STUFFED FISH

1½ stacks of Ritz crackers
1/2 cup butter or margarine, melted
Salt and pepper to taste
Dill weed
1 can (6½-oz.) medium-sized shrimp or lobster meat
1/4 cup sherry
1 can (10-3/4 oz.) cream of shrimp soup
Milk
2 halves of fish fillets

Crumble crackers, and mix with melted butter; add salt, pepper and 2 pinches of dill weed. Use 1/2 can of shrimp. Add 1/2 can shrimp and sherry to cracker mixture; set aside. Heat soup over low heat, and stir in enough milk to make it "sloppy"; add remaining 1/2 can shrimp. Arrange cracker mixture on 1/2 of fish; place other half of fish on top. Pour soup mixture over top. Bake at 350° 45 min. to 1 hour. (Cooking time depends on thickness of fish.) Delicious!

Becky Clark

BROILED FISH WITH FENNEL

For each person:
1 whole cleaned fish, e.g., whiting, small sea bass
salt and freshly ground pepper
1 small bunch green fennel
2 slices of lemon
olive oil

Wash and clean each fish; season with salt and pepper; on the upper side make four horizontal incisions. Broil the uncut side first; turn over and place lemon slices in alternate incisions and the ferny fennel sprigs in the other two; brush with a little olive oil; season with a little freshly ground pepper and place under the broiler until done.

Becky Clark

FISH FILLETS

8 fish fillets
2 bay leaves
salt and pepper
1/2 cup white wine
chives
2 TB butter

Roll the fillets and put in a lightly oiled casserole with the bay leaves; season with salt and freshly ground pepper, pour over the white wine and sprinkle with chives; dab with the butter. Cook for 1/2 hour in a moderate oven.

Becky Clark

EASY BAKE
LANGOSTINOS, LOBSTER, FISH, CRAB OR SHRIMP

1-1/2 pkg. of Butter Thins crushed. In small saucepan melt 1-1/2 sticks of butter or margarine over very low burner. Add one small minced onion. Pour this over crackers.

In casserole, sprinkle a few crumbs, put amount of seafood as needed, then sprinkle rest of crumbs on top. Sprinkle with paprika. Bake at 450° for ten min.

Eda Tarbox

CODFISH BALLS

1/2 pound Salt codfish
3 cups diced raw potatoes
1 beaten egg
2 tablespoons butter
1/4 teaspoon pepper

Soak codfish overnight. Dice. Cook fish and potatoes in boiling water till potatoes are tender; drain. Mash, and add remaining ingredients. Beat thoroughly.

Drop by heaping tablespoons into deep hot fat (375°). Fry until golden brown, turning once. Drain.

Mary Jane Carollo

SHRIMP SCAMPI

Melt 2 Tbsp. of butter in frypan. Add fresh shrimp or frozen, or canned -- whatever you have on hand.

Add 1/2 cup of white dry sherry until heated through, then sprinkle with chopped parsley.

Eda Tarbox

SALMON PATTIES

1 tin pink salmon
1 small onion, grated
1 egg, separated
1/2 tsp. paprika, pepper

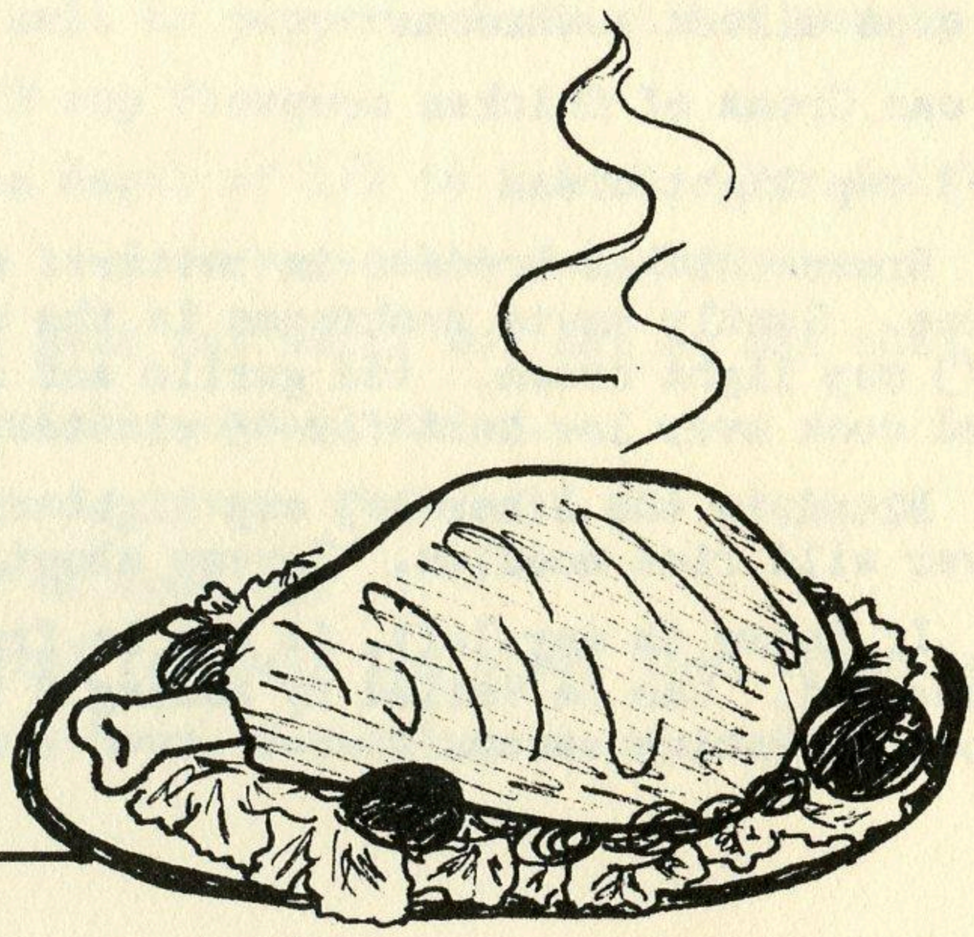
Drain salmon, remove skin, mash.
Add grated onion, paprika, pepper, egg yolk. Blend.
Beat egg whites stiff, fold into salmon mixture.

Drop by teaspoon on cookie sheet 1/2 inch apart.
Flatten with back of spoon. Bake in preheated oven at 375° until golden brown. Serve hot.

Marilyn Clark

VII.

Meats and Main Dishes



CHICKEN 'N HAM ROLL-UPS

3 whole chicken breasts, split, skinned, and boned
(about 1-1/2 lbs. boneless)

6 slices (about 6 ounces) boiled ham

2 tbsps. butter or margarine

1 can Cream of Chicken soup

1/4 dry white wine

Place chicken between 2 sheets of waxed paper; flatten with flat side of knife. Top each with slice of ham. Roll up; secure with toothpicks. In skillet, brown roll-ups in butter. Stir in soup and wine. Cover; cook over low heat for 20 minutes or until done. Stir occasionally.

Yields 6 servings.

CHICKEN BREASTS

4 chicken breasts, skinned and split

1/4 cup butter

2 cups sliced mushrooms

1 can Cream of Chicken soup

1/3 cup light cream

1 large minced clove garlic

Generous dash thyme

1/8 tsp. rosemary

1/3 light cream

Toasted, slivered almonds

Brown chicken breasts in butter. When brown, remove and slip out the bone. Gently saute mushrooms in the same pan. Stir in soup, thinned with 1/3 cup light cream. Add garlic and spices. Return chicken to oven; cover and cook over low heat for 45 minutes, stirring occasionally.

Blend in the other 1/3 cup light cream. Garnish with almonds. Serve over wild rice noodles. Serves about 6.

If there is any left, it can be frozen and will be just as good when reheated. Can be varied by adding 2 tablespoons cooking sherry and dash of Worcestershire sauce.

ONE-DISH CHICKEN-IN-OVEN

6 - 8 pieces uncooked chicken
1 cup whole grain rice
1/2 pkg. Lipton Onion soup
1 can Cream of Celery soup
2 cups water

Place chicken in greased pan. Add other ingredients. Cover with foil. Cook in 350° oven 2 hours. Remove foil and brown last 1/2 hour if desired, and/or spoon gravy over chicken.

Gladys Manson

FRIED CHICKEN

Order young broilers cut in halves, fryers, or small young roasting chicken cut in serving-size pieces. Dip in cold water or milk. Drain, but do not wipe dry. Sprinkle with salt or pepper. Coat with flour by shaking in a paper bag with about 1/2 cup flour.

In heavy frying pan, melt fat to depth of 1/2 to 1 inch. For delicious flavor, use 1/3 butter and 2/3 lard or vegetable fat, but any cooking fat or oil is satisfactory. Heat fat well, but not so hot that it smokes. Put in chicken. Brown quickly on all sides.

To cook chicken with a crisp crust, cover; cook half the required time, and remove cover for last half of cooking.

For a tender crust, cook uncovered for half the time; then cover to finish cooking. Allow 30 minutes to 1 hour, depending on size of bird.

SCALLOPED CHICKEN WITH DRESSING

1 large chicken cooked
1 cup chicken fat
3/4 cups flour
5 cups chicken broth
1 cup milk
6 eggs
6 cups broken toast
1 large onion, cut up
1 cup buttered bread crumbs

Cool chicken. Cut meat from bones. Combine fat, flour, 3 cups broth and milk. Cook until slightly thickened as for gravy. Add 3 beaten eggs. Do not cook after adding eggs. Combine toast, onion, remaining broth and remaining eggs for dressing. Place dressing in pan. Add half the gravy, then chicken and remaining gravy. Top with bread crumbs. Bake at 350° for 1 hour.

CHICKEN CHOW MEIN

1 can crushed pineapple
1 cup finely diced celery
½ cup chopped onion
1 cup cut chicken
1 large can of noodles

Mix together first 4 ingredients. Season to taste. Place half the mixture in bottom of casserole. Then place half the noodles on top. Add the rest of mixture. Cook 30 minutes at 350°.

Mary Jane Carollo

PEPPER STEAK

1 lb. round steak, cut into thin strips
2 green peppers, sliced
1 tblsp. honey
½ tsp. ginger
2 tblsp. soy sauce

Combine ginger, honey and soy sauce, and marinate the meat in mixture for 2 hours. Put 2 tblsp. oil in pan and cook 1 onion thinly sliced, and green peppers. Remove vegetables and cook meat in the same pan.

Combine the following:

4 tblsp. soy sauce
1 tblsp. cornstarch
1 tblsp. Accent
½ cup water

Remove meat from pan and cook sauce until thick. Add vegetables to heat again, and serve over meat. Cook 1½ hours.

Mary Jane Carollo

SAUCY SHORT RIBS

3 lbs. beef short ribs
All-purpose flour
Salt and pepper
½ cup hot water
4 cups sliced onion
3 tblsp. flour
1 tsp. Worcestershire sauce
½ tsp. Kitchen Bouquet

Trim excess fat from ribs. Roll ribs in flour; brown in hot fat; Spoon off fat. Season; add water. Lift meat to warm platter; keep hot.

Onion Gravy: Skim fat from stock, saving 3 tablespoons. Measure stock and hot water to make 2 cups; set aside; put remaining fat in skillet. Add sliced onion. Cook until tender, but not brown; remove from heat. Blend flour into fat and slowly stir in meat stock. Cook and stir until gravy is bubbling.

Add Worcestershire sauce and Kitchen Bouquet. Season to taste. Cook 5 minutes, stirring. Serve over hot ribs.

Mary Jane Carollo

PORCUPINES
(Rice Meatballs)

1 cup minute rice
1 lb. ground beef
1 egg slightly beaten
2 tsp. grated onion
2 tsp. salt
1/8 tsp. pepper
2½ cups tomato juice or
2 cans tomato sauce (This is tastier.)
½ tsp. sugar

Mix first 6 ingredients together, and firm into good size balls. Place in deep skillet. Add sauce and sugar. Cook over medium heat about ½ hour or until cooked.

Serves 4.

SWISS STEAK

1½ lb. slice chuck steak
¼ cup flour
3/4 tsp. salt
1 green pepper
2 medium onions
Few grains of pepper
1 can condensed tomato soup

Mix flour, salt and pepper, and pound into steak. Sear steak on both sides in hot fat. Place steak in covered casserole; add green pepper and onions cut into small cubes. Carefully pour over tomato soup. Cover and bake in 250° oven until tender for 1½ to 2 hours.

Bertha H. Wicky

ITALIAN MEATBALLS

4 slices dry bread
1 lb. ground beef
2 eggs
½ cup grated Romano cheese
2 tblsp. chopped parsley
1 clove garlic, minced
1 tsp. oregano
1 tsp. salt
Dash of pepper

Soak bread for 2 minutes. Then squeeze out moisture. Combine soaked bread with remaining ingredients, mixing well. Form into small balls. Brown slowly in 2 tblsp. of oil. Add to spaghetti sauce. Cook 30 minutes.

Mary Jane Carollo

CHEESE-FILLED MEAT LOAF

1½ lbs. ground lean beef
3/4 cup rolled oats, regular or quick
2 eggs, slightly beaten
1½ tsp. salt
¼ tsp. pepper
1 tsp. Worcestershire sauce
2/3 cup milk or water
¼ lb. mozzarella, muenster or other soft-melting cheese
2 tblsp. commercial barbecue sauce of apple jelly

Combine beef, oats, eggs, salt, pepper and Worcestershire sauce. Work together well with hands or mixer to distribute seasonings, then work in milk or water. Place half the mixture in a 9 x 5-inch loaf pan. Cut cheese into thin slivers and arrange one layer deep over meat in pan. Fill with remaining meat mixture, packing loosely. Bake at 350° oven 1 hour to 1 hour and 15 min. Brush with sauce or jelly. Let stand 5 minutes; then slice to serve. Makes 6 to 8 servings.

Roy Elwell

MEAT LOAF WELLINGTON

1 can (10½ oz.) Franco American Beef Gravy
1½ lbs. ground beef
1 cup small bread cubes
1 egg slightly beaten
¼ cup minced onion
1 tsp. salt
Dash of pepper
5 refrigerated Crescent Dinner rolls

Combine ¼ cup Gravy with beef, bread cubes, eggs, onion, salt and pepper. Mix thoroughly. Shape firmly into loaf (7 x 3"). Place in shallow baking pan. Bake at 375° for 45 minutes. Separate rolls; place crosswise over top and sides of meat loaf, overlapping slightly. Bake 15 minutes more. Heat remaining gravy. Serve with loaf.

Cathy Gallagher

FOIL-WRAPPED CHUCK ROAST

5 lb. chuck roast
1 envelope French's Onion Gravy Mix
4 medium potatoes cut in half
8 carrots peeled
8 small onions peeled
Salt
1 can Cream of Mushroom soup

Place roast on 2 large sheets of heavy duty aluminum foil. Sprinkle with gravy mix. Arrange vegetables on top and pour Cream of Mushroom soup over roast. Roast at 350° about 3½ hours until meat is tender.

Eda Tarbox

ONE POT SUPPER

4 pork chops (1 lb.)
1 can tomato soup
½ cup water
4 medium carrots, split lengthwise and cut into 2-inch pieces
1 tsp. Worcestershire Sauce
½ tsp. salt
3 medium potatoes, sliced

Brown chops in skillet. Drain off fat. Add remaining ingredients. Cover and simmer 45 minutes or until tender.

Mary Jane Carollo

SPEEDY CHILI

½ cup chopped onion
¼ cup chopped green pepper
1 lb. ground beef
2 - 8 oz. cans tomato sauce
1 - 16 oz. can kidney beans
1 tsp. salt
1 tsp. chili powder

Cook and stir onion, green pepper and ground beef in saucepan until meat is lightly browned. Drain off fat.

Stir in tomato sauce. Cook over low heat for 5 minutes. Stir in kidney beans and salt. Cook until heated.

Stir in chili powder. (more if needed)
Serve with crackers.

Christine Carollo
Age 8

SHERRIED BEEF

3 lbs. beef cut in ½ inch cubes, raw
2 cans Cream of Mushroom soup
½ pkg. (envelope) onion soup mix
1 cup dry sherry

Mix all together in large casserole. Bake at 325° for 2½ to 3 hours. Do not use any salt. Easy and delicious.

Viola Silva

CHINESE BEEF AND PEPPERS

½ tblsp. vegetable oil
1 clove garlic (optional)
1 lb. beef, cut in thin slices
pepper
1 cup bouillon
2 tblsp. cornstarch
1 tblsp. soy sauce
2 tblsp. water
1 cup green peppers, cut in one-inch pieces
¼ tsp. powdered ginger

Heat pan; add oil and garlic, crushing the garlic slightly while browning. When the garlic turns brown, remove. Add beef strips and fry a few minutes. Season with pepper. Add bouillon and green peppers and continue to cook. Combine cornstarch, soy sauce and water, and add to pan. Stir while cooking until gravy thickens. Sprinkle with ginger. Heat thoroughly. Delicious served over rice.

This is also a good way to use left-over roast beef. Simply add the slices of cooked meat after the gravy has thickened.

Marjorie Arlington

CHOPSTICK BEEF

1 lb. lean ground beef

1-10 oz. can Cream of Mushroom soup

½ cup milk

1-3 oz. can Chow Mein noodles

1 cup celery (diced)

¼ cup onion (diced)

2 tsps. green pepper (diced)

½ cup DRY roasted peanuts (optional)

Brown beef in a skillet or oven. Drain off fat. Combine 1 cup noodles with beef and remaining ingredients. Place in casserole or pan.

Top with extra noodles.

Bake at 375° for 30 minutes.

VEAL CUTLETS

Dip cutlets in egg and bread crumbs (or cracker crumbs).

Place in oven at 350° in oil or butter.

Bake 15 minutes - Turn and bake another 15 minutes.

Add tomato sauce and cheese slices - Melt.

SWEET AND SOUR PORK

2 lbs. pork cut into thin slices
1-13 oz. can pineapple chunks
2 tblsp. cornstarch
3 tblsp. cooking oil
¼ cup cold water
½ cup honey
1 tblsp. vinegar
1 medium green pepper, cut into thin strips
¼ cup catsup
2 tsp. Soy Sauce
1 pkg. 10 oz. Hawaiian style vegetables
4 cups cooked rice

Drain pineapple, saving 1/3 cup of juice. In a large skillet, cook pork in hot oil for 5 min., or until brown on all sides. Remove from skillet. Place honey, pineapple juice, catsup, vinegar and soy sauce in skillet. Mix well. Bring to boil. Mix cornstarch and cold water. Add to boiling mixture, stirring until thickened. Add cooked pork, pineapple, green pepper and frozen vegetables and seasonings.

Cover and simmer for 10 to 15 minutes or until vegetables are tender. Serve over hot cooked rice.

Mary Jane Carollo

SHOULDER LAMB CHOPS

4 large lean shoulder chops
1 medium onion
1 can mushroom soup
3/4 can water
1 tbsp. Worcestershire sauce
1 tsp. Kitchen Bouquet
Salt and pepper

Place chops in 9 x 13" pan. Salt and pepper to taste. Slice onion over top.

In small pan, put mushroom soup and water, Worcestershire sauce, Kitchen Bouquet. Mix well and pour over chops. Cover & seal with foil.

Preheat oven to 350°. Bake 1 hour and 45 minutes.

Note: 6 shoulder lamb chops could be used. Should serve four.
Use preferred side dishes for vegetables.

KIDNEY CREOLE

2 lamb or beef kidneys
3 slices bacon, crisply cooked
Flour for browning kidneys & thickening
1 onion and 1 green pepper, diced
1 tsp. salt & ¼ tsp. curry powder
2 cups canned tomatoes

Cut out kidney membranes and soak 1 hour in salted water. Slice kidneys in ¼ in. pieces and brown in bacon fat. Add onion and green pepper, and cook until partially done. Add tomatoes, and curry and simmer for 1 hour. (Add a little flour to thicken.)

Serve on toast or rice and garnish with crumbled bacon. (This recipe can be stretched by adding more onion, green pepper and tomatoes.)

Use an iron skillet.

Grace Klar

BAKED EGGS IN TOMATOES WITH BASIL

4 large firm tomatoes
4 tbsp. wholewheat breadcrumbs
2 tbsp. chopped basil
1 tbsp. chopped chives
salt and pepper
4 eggs
4 pieces hot wholewheat toast, lightly buttered

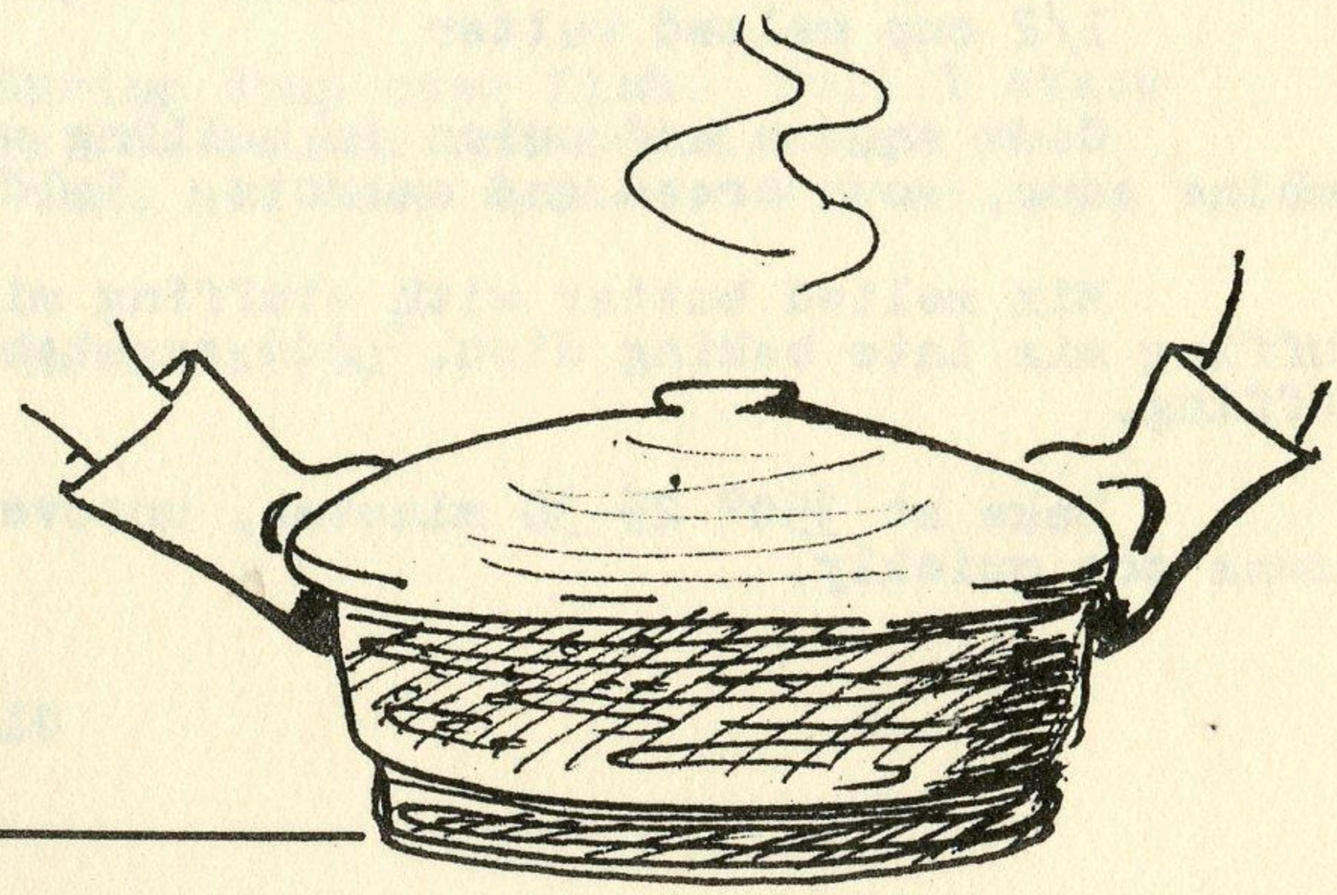
Cut the tops off the tomatoes, scoop out the insides and mash in a bowl. Add the breadcrumbs, basil, chives, salt and pepper to taste. Blend into a firm paste, adding more breadcrumbs if the mixture is too sloppy. Break an egg into each tomato shell and cover with the breadcrumb mixture. Put in a baking dish and bake in a moderate oven until the tomatoes are soft but still retain their shape. This should take between 30 and 40 minutes. For serving, place the tomatoes on the toast and garnish with springs of basil.

Becky Clark

... Notes ...

VIII.

Casseroles



TUNA-NOODLE BAKE

1 can Tuna
1 can Peas (drained)
1 can Cream of Celery, Mushroom or Chicken Soup
1 soup can of Milk
2 cups cooked Egg Noodles

Drain and flake Tuna. Mix all ingredients together well. Put in a greased casserole. Bake at 350 for 20 or 25 minutes.

A topping of crushed potato chips, crumbs or crackers may be used, or simply cover the casserole after 15 minutes.

If your budget allows, chopped egg, pimento, celery and/or onion may be added to mixture.

Gladys Manson

BAKED SUMMER SQUASH

2 lbs. summer squash (6 cups)
1/4 cup chopped onion
1 can Cream of Chicken Soup
1 cup sour cream
1 cup shredded carrots
8 oz. pkg. herb stuffing mix
1/2 cup melted butter

Cook squash and onion in boiling water 5 minutes. Drain. Combine soup, sour cream and carrots. Fold in vegetables.

Mix melted butter with stuffing mix. Pour half of stuffing mix into baking dish. Add vegetables. Top with remaining stuffing.

Bake at 350° 25-30 minutes, uncovered. Cover if it browns too quickly.

Gladys Niemi Curtis

EGGPLANT AND CHEESE CASSEROLE

1 medium eggplant, peeled and cubed
boiling water
milk
2 slices wheat bread
2 eggs, beaten
1 cup grated cheddar cheese

Preheat oven to 350°. Place eggplant in saucepan, simmer for 15 min. Drain and mash and set aside. Pour milk over bread to cover and soak for 5 min. Drain off excess milk from bread. Pull bread apart and add to eggplant. Mix cheese and eggs together. Add to eggplant mixture. Pour into oiled casserole, bake until lightly browned on top, about 1 hour.

Mary Jane Carollo

HADDOCK & CREAM OF SHRIMP SOUP CASSEROLE

Butter baking dish. Lay pieces of fish in dish. (Extra shrimp may be used if you wish.)

Pour Cream of Shrimp Soup over fish. Roll 1 stack of Ritz crackers for crumbs and add 1 stick of butter or oleo that has been melted. Put on top of mixture.

Bake about 1/2 hour at 350°.

CORN AND CLAM CASSEROLE

2 cans (7½ oz.) Minced clams and juice
2 cups Cream Style Corn
1 small Onion, chopped fine
1 egg, slightly beaten
1/3 cup milk or cream
1 cup crumbled crackers (about 12 Uneedas)
dash of salt (omit if Saltines are used)
pepper

Grease 1 qt. casserole. Pour mixture into casserole and dot generously with butter. Bake at 350° for 35-40 minutes.

Alice M. Marr

CLAM 'n' CORN CASSEROLE

1½ cups coarsely crumbled Saltine crackers (about 20 crackers)
1 cup milk
2 well-beaten eggs
1 7½ oz. can minced clams
1 8 oz. can (1 cup) whole kernel corn, drained
2 Tbsp. finely chopped onion
1 Tbsp. finely chopped green pepper
½ tsp. Worcestershire sauce
2 oz. sharp process American Cheese, shredded (½ cup)

Combine cracker crumbs, milk and eggs. Stir in undrained clams, the corn, onion, green pepper, Worcestershire sauce, and dash pepper. Turn into 1-quart casserole and bake in 350° oven for 50 minutes or till set. Sprinkle with cheese and bake 5 minutes more. Makes 4 servings.

CLAM CASSEROLE

1 qt. to 6 cups of milk scalded
1½ to 2 cups ground-up sea clams with juice
3/4 to 1 stick of margarine or butter
onion, medium, ground fine or put through food processor
1 box Pilot or round sea crackers, broken in small pieces

Grease 2 to 3 qt. casserole dish. Put layer of crackers, then sprinkle 1/4 of clams and onions on top of crackers. Dot with butter. Continue layers until crackers on top dotted with butter. Add a little pepper between layers, if desired.

Pour scalded milk over whole dish to cover. Then cover with foil and bake at 375° for 3/4 to 1 hour. Uncover and brown top for last 10 or 15 minutes at 350°.

Marilyn Brophy

HOLIDAY CASSEROLE

35 Ritz crackers, crumbled

2 small cans minced clams, with juice

1/4 cup water

1 can mushroom soup

2 eggs, beaten

Combine and bake in buttered casserole

for 25 minutes at 325°. Makes 4 servings.

Roy Elwell

SWEDISH LUNCHEON SANDWICH

12 slices bread
1/2 lb. American or Old English cheese
slices, pieces, or grated
2 cans tuna, drained (7 oz. cans)
4 eggs
3 cups milk

Sauce: 1 can Cream of Mushroom Soup
1/2 cup Milk

Remove crusts from bread. Place six slices on bottom of flat baking dish. Top with drained tuna. Spread cheese over. Cover with six slices bread. Beat eggs, add milk, and pour over all. Let stand overnight in refrigerator. Bake at 300° for 1½ hours.

Serve with sauce, which is made by mixing soup and milk and heating in double boiler.

Alice M. Marr

STUFFED PEPPERS

1 onion, finely chopped
2 Tbsp. butter
4 Tbsp. chopped mushrooms
1/3 cup rice
1 cup Brown Sauce
1 lb. ground beef
3 Tbsp. breadcrumbs
6 green peppers

Cook onions in butter for 3 minutes. Add mushrooms, beef and rice. Cook 3-5 minutes. Add 1/3 cup brown sauce and crumbs. Cool. Parboil peppers, stuff with mixture and bake 10-15 min. in 400° oven. Serve hot with remaining brown sauce over top.

Mary Jane Carollo

ONION CHEESE PIE

around 3 cups small pearl onions peeled and boiled till tender
salt
2 Tablespoons flour
1 cup cream
pepper
1 cup grated sharp cheese
1 pastry-lined pie plate, not cooked.

Fill the pastry-lined pie plate with the well-drained, tender onions.

Mix cream with flour. Pour over onions. Add a pinch of salt and pepper. Sprinkle grated cheese over the top. Bake in 400° oven for 45 minutes.

Should be toasty brown and served hot. Serves 6.

BROCCOLI CASSEROLE

1 bunch fresh broccoli or 2 pkg. chopped broccoli
1 can cream of mushroom soup
1/2 cup mayonnaise
2 beaten eggs
1 cup grated sharp cheese
1 chopped, medium onion
1/2 cup margarine (melted)
1/2 pkg. bread stuffing

Cook and drain broccoli (be careful not to overcook). Combine soup, mayonnaise, eggs, cheese, onions, dash of salt and pepper. Mix with broccoli. Place in casserole and top with bread stuffing which has been mixed with margarine.

Bake at 350° - 40 minutes.

Margaret Karcher

SHEPHERD'S PIE

4 cups cooked meat, diced, preferably beef
1 teaspoon salt
1/2 teaspoon pepper
1 onion - chopped fine
2 tablespoons chopped parsley

Dice, chop or cut meat fine. Add salt, pepper, onion and parsley. Mix above ingredients thoroughly.

Line a greased casserole, bottom and sides, with mashed potatoes. Fill dish with meat mixture.

Bake at 350° one hour. Serve hot.

CHEESEBURGER PIE

1 lb. ground beef	)	
1 cup evaporated milk	)	Combine all.
1/2 cup catsup	)	Put in a pie crust
1/3 cup dry bread crumbs	)	in a pie plate.
1/2 tsp. oregano	)	Bake at 350°
1/4 cup chopped onion	)	for 40 minutes.

Toss 4 ounces of American Process Cheese in 1 tsp. Worcestershire Sauce. Sprinkle on top of pie. Bake 10 minutes more.

Let stand 10 minutes before serving.

LASAGNA I

24 servings

1-1/4 lb. hamburg
2-28 oz. cans crushed tomatoes
1-12 oz. can tomato paste
1-28 oz. can tomato sauce
2 tsp. garlic salt
1 tbsp. oregano
2 tsp. basil
3 lbs. ricotta cheese
1 cup grated Parmesan cheese
1 package Lasagna noodles
2 eggs
Parsley
3-8 oz. packages shredded mozzarella cheese

Brown hamburg. Drain fat.

Add tomatoes, tomato sauce, tomato paste, garlic salt, oregano, basil - Simmer uncovered 20 minutes.

Mix together ricotta, 2 eggs slightly beaten, 1 cup Parmesan, 2-8 oz. packages mozzarella and sprinkle of parsley.

Put layer of sauce in bottom of pan (9 x 13"). Layer lasagna noodles, sauce and cheese mixture (3 times). Add little more sauce on top and sprinkle with Parmesan and 1/2 third package of shredded mozzarella.

Bake at 350° for 1 hour or until bubbly.

Makes two large pans. Freezes extremely well either before or after baking.

LASAGNA II

1 lb. Italian sausage (cut in thirds)
1 clove garlic, minced
1-1/2 tbsp. salt
1-1 lb. can (2 cups) tomato sauce
2-6 oz. cans tomato paste
1 package lasagna noodles
1 lb. ricotta cheese
1/2 cup grated Romano cheese
2 beaten eggs
2 tsp. salt
1/2 tsp. pepper
1 lb. Mozzarella cheese, sliced thin

Brown meat. Drain off fat. Add next 4 ingredients. Simmer 30 minutes, stirring occasionally.

Cook lasagna. Drain. Rinse. Place half the lasagna in baking dish. Spread with half the ricotta cheese; add half the mozzarella cheese and half the meat sauce. Repeat layers. Bake at 375° for 30 minutes.

Mary Jane Carollo

SUMMER SQUASH CASSEROLE

1½ lbs. mixed yellow and zucchini squash sliced thick (about 6 cups) salted and cooked to still crisp stage.
1 onion, chopped
1 carrot, grated
½ pt. sour cream
1 can cream of chicken soup
1 stick margarine, melted
½ sm. pkg. Pepperidge Farm herb stuffing

Drain cooked squash. Add onion, carrot, sour cream and soup. Put stuffing in melted margarine. Reserve some for topping. Add rest to squash mixture. Mix lightly but well. Add topping and bake in ungreased, uncovered casserole at 350° for 30 minutes. It is delicious!

Viola Silva

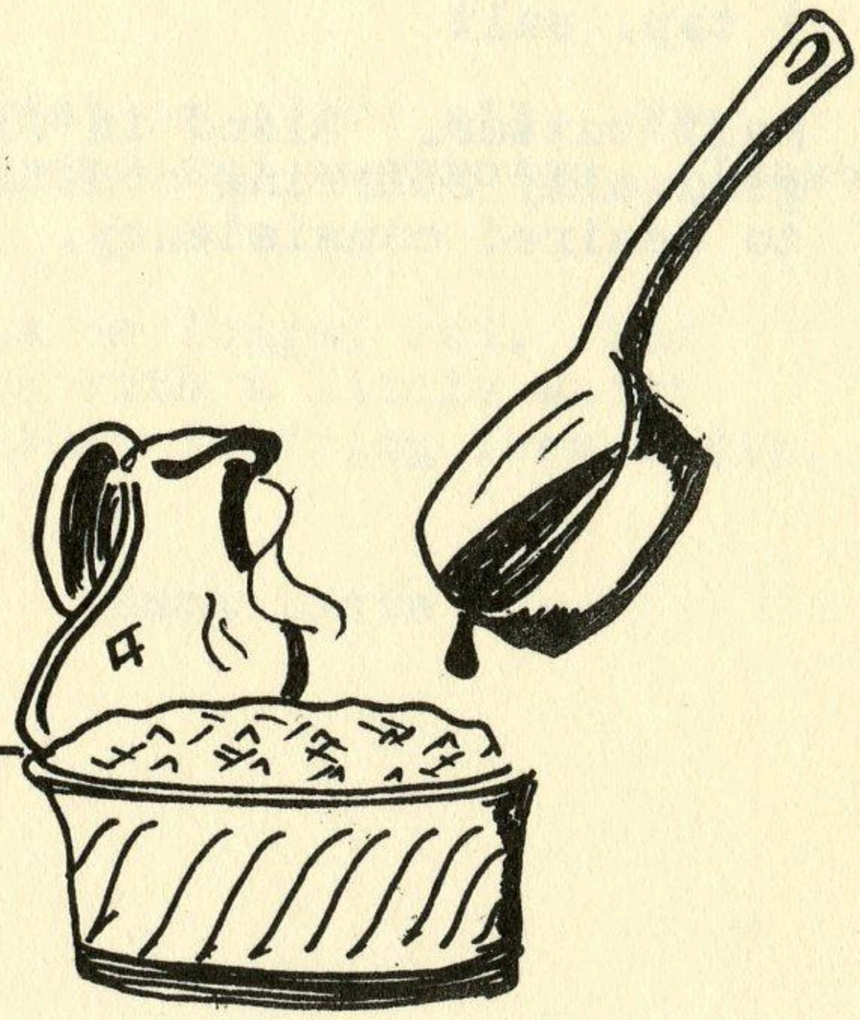
BAKED ZUCCHINI AND ONIONS

Slice zucchini into a baking dish, about ½" slices, removing seeds if they are large. Add sliced onion, separated into rings. Dot with butter, salt and pepper. Repeat. Cover and bake 30 minutes at 400°. Uncover and add cream (½ cup for about 2 pounds of squash). Bake until delicately brown (about 10 minutes).

Alice M. Marr

IX.

Sauces, Dressings, and Stuffings



MEDIUM WHITE SAUCE

2 tbsp. butter or margarine
2 tbsp. all purpose flour
¼ tsp. salt
1 cup milk

Melt butter or margarine in sauce pan over low heat. Blend in flour, salt and dash of white pepper and 1 cup milk.

Makes 1 cup sauce for scalloped and creamed dishes.

Barbara Olson

BASIC WHITE SAUCE

¼ cup butter
¼ cup flour
1 tsp. salt
1/8 tsp. pepper
2 cups milk

Melt butter. Blend in flour, salt and pepper. Add milk gradually stirring constantly. Heat, stirring continually, to desired consistency.

ITALIAN SPAGHETTI SAUCE

1 med. onion, chopped
3 tbsp. salad oil
1 clove garlic, minced (optional)
1 29 oz. can tomato puree
1 8 oz. can tomato sauce
2 6 oz. cans tomato paste
½ c. water
½ tsp. oregano
½ tsp. salt
½ tsp. pepper
1 lb. lean ground beef

Cook onion in oil until golden brown, add garlic and brown lightly. Add remaining ingredients and simmer 3 to 4 hours. Stir frequently. Taste often. Brown ground beef. Drain and add to sauce.

Mary Jane Carollo

SPAGHETTI SAUCE

2 lb. hamberger
2 med. onions
garlic
1 chopped green pepper
1 small can mushrooms
1 tsp. oregano
salt & pepper to taste
1 lg. can Italian tomatoes
2 sm. cans tomato paste

Use large pan. Cover bottom with fat or olive oil. Fry together meat, onions, garlic, peppers and mushrooms. Season with oregano and salt and pepper.

Cook on moderate heat until meat is no longer red. Add tomatoes, tomato paste. Rinse cans with a little water and add. Cover and simmer for 3 hours stirring frequently.

Emma Laste

RAISIN SAUCE FOR HAM

Mix ½ cup brown sugar, 1 teaspoon dry mustard and 2 tablespoons cornstarch. Slowly stir in 2 tablespoons vinegar.

Add ¼ teaspoon grated lemon peel, 2 tablespoons lemon juice, 1½ cups water, ½ cup raisins and 2 tablespoons butter or melted ham fat.

Stir over low heat until thickened. Serve hot. Makes about 2 cups.

RAISIN SAUCE

1 cup raisins
3/4 cup water
½ cup brown sugar
1½ tbsp. cornstarch
1 tbsp. vinegar
¼ tsp. cinnamon
¼ tsp. cloves
¼ tsp. dry mustard
¼ tsp. salt

Boil raisins in water for 5 minutes. Add dry ingredients. Mix and blend in vinegar. Serve over ham slices.

Mary Jane Carollo

COCKTAIL SAUCE

3/4 cup chili sauce
2-4 tablespoons lemon juice
2 tablespoons horseradish
2 teaspoons Worcestershire sauce
1 teaspoon onion powder

Combine ingredients. Add salt to taste. Chill.

Serve with sea food cocktails.

Mary Jane Carollo

ORIENTAL BARBECUE SAUCE

½ cup cooking oil
¼ cup vinegar
1 tbsp. soy sauce
2 tsp. ginger
½ tsp. salt
¼ tsp. pepper
2 tbsp. brown sugar

Combine in jar and shake well.

Use on spare ribs, chicken or burgers.

Mary Jane Carollo

SHRIMP SAUCE

Melt 2 tablespoons butter. Blend in 2 tablespoons flour. Stir in 1 can frozen condensed cream of shrimp soup and 1 soup can milk. Cook and stir till sauce thickens.

Add ½ cup shredded sharp process cheese. Stir until melted.

Serve with egg dishes.

Barbara Olson

PICKLE SAUCE (For fish)

2 tablespoons butter or margarine
2 tablespoons all purpose flour
¼ teaspoon salt
1 cup milk
1 dill pickle, chopped
2 hard cooked eggs, chopped

Melt butter or margarine in sauce pan over low heat. Blend in flour, salt and dash of white pepper. Add milk, pickle and 2 hard cooked eggs.

Serve hot on salmon or tuna loaf.

GARLIC BUTTER

Thoroughly combine ½ cup soft butter or margarine and 1 or 2 cloves garlic, crushed or minced.

Spread on French bread to make garlic bread. Melt atop broiled steaks.

Barbara Olson

LEMON BUTTER

Melt ¼ cup butter. Add 1 to 2 tablespoons lemon juice, 2 tablespoons snipped parsley, ½ teaspoon salt and a dash of pepper. Heat.

Serve over asparagus, broccoli or fish.

Barbara Olson

CHILI SAUCE

1 peck (12 to 14 lbs.) tomatoes
1 lb. (about 2 bunches) celery
1 qt. small onions, chopped
3 green peppers
½ tbsp. ground cloves
1 tbsp. dry mustard
2 sticks cinnamon
2 lbs. brown sugar
¼ cup salt
1 qt. cider vinegar

Scald tomatoes, peel. Cook 15 minutes. Drain off half the juice. Chop remaining vegetables. Add tomatoes. Simmer about 1½ hours. Tie spices in cloth bag and add with remaining ingredients to tomato mixture. Continue cooking 1½ hours. Remove spices. Seal in hot, sterilized jars.

Makes 6 pints.

Barbara Olson

GLAZE FOR HAM

3 tsp brown sugar
½ tsp seasoned salt
½ tsp ground cinnamon
¼tsp nutmeg
1 tbsp cornstarch
1 cup apple juice
½ cup lemon juice
2 tbsp butter
½ cup dark seedless raisins

Combine sugar, salt, cinnamon, nutmeg, cornstarch in a dipper. Stir in apple juice and lemon juice. Bring to a boil for 1 minute. Stir in the rest of the ingredients and cook until thick.

Annie MacMaster

TARTARE SAUCE - NO. 1

1 cup mayonnaise
2 Tblsp. chopped pickle
1 Tblsp. chopped onion
1 Tblsp. chopped olives
1 Tblsp. chopped parsley

TARTARE SAUCE - NO. 2

1 cup mayonnaise or salad dressing
1 Tblsp. minced dill pickle
1 tsp. grated onion
1 tsp. minced parsley
1 tsp. chopped pimiento

Combine all ingredients. Chill. Makes 1 cup.

A classic accent for fish or seafood.

Barbara Olson

FRENCH-STYLE DRESSING OR SAUCE

1 can tomato soup
2/3 c. vegetable oil
2/3 c. cider vinegar
2 med. onions, cut up
1 heaping c. sugar
1 tbsp. crushed celery seed
1 tbsp. salt
1 tbsp. prepared mustard
1 tsp. dry mustard
½ tsp. black pepper
1 tbsp. Worcestershire Sauce (Lea and Perrins)

Put everything in blender. Blend on "chop" until onion is in small pieces, then "stir" until thoroughly mixed but not pureed. This keeps well in the refrigerator and improves with age.

Also good heated as a sauce for ham, beef, pork chops, etc.

Marjorie Arlington

SOUR CREAM SALAD DRESSING

1 egg, slightly beaten
1/4 cup vinegar
2 teaspoons salt
2 teaspoons sugar
1 teaspoon mustard
1/8 teaspoon pepper
1 cup sour cream

Combine egg, vinegar, and dry ingredients. Mix thoroughly and add to cream. Cook and stir in double boiler, until thick.

THOUSAND ISLAND FRENCH DRESSING

1/2 cup olive oil
juice of 1/2 orange
juice of 1/2 lemon
1 teaspoon salt
1/4 teaspoon paprika
1 teaspoon onion juice
1 tablespoon parsley, chopped fine
8 sliced stuffed olives
1 teaspoon Worcestershire sauce
1/4 teaspoon mustard

Mix ingredients, chill, and shake thoroughly.

SALAD DRESSING

Break one egg into bowl and add:

2 Tbsp. Sugar
1 tsp. Salt
2 tsp. Mustard
Paprika
3/4 cup Oil
1/4 cup Vinegar

Cook together 1 cup Water and 3 Tbsp. Cornstarch.
Beat into first mixture.

Makes 1 pint.

J. Hubbard

SIMPLY SUPER SALAD DRESSING

1 can tomato soup
2/3 cup vegetable or corn oil
2/3 cup cider vinegar
2 medium-sized onions, cut up
1 heaping cup of sugar
1 tablespoon crushed celery seed
1 tablespoon salt
1 tablespoon prepared mustard
1 teaspoon dry mustard
1/2 teaspoon black pepper
1 tablespoon Worcestershire Sauce (Lea & Perrins is best)

Put everything in blender. Blend on "Chop" until onion is in small pieces, then "Stir" until thoroughly mixed but <u>not</u> pureed. This keeps well in the refrigerator and improves with age.

Also good heated as a sauce or glaze for ham, beef, pork chops, etc.

Marjorie Arlington

HARVARD SALAD DRESSING

4 hard-cooked eggs
1-1/2 teaspoons sugar
1/2 teaspoon mustard
1/2 teaspoon salt
Few grains cayenne
1/4 cup olive oil
1/4 cup vinegar
1 egg white, beaten stiff

Force yolks of hard-cooked eggs through sieve, then work with spoon until smooth. Add sugar, mustard, salt and cayenne. When well blended, add gradually oil and vinegar, stirring and beating until thoroughly mixed. Cut and fold in egg white.

CELERY STUFFING

1 8-oz. package herb-seasoned stuffing
1 teaspoon sage
1 cup chopped celery
1/2 cup chopped onion
1/4 cup butter
1 can condensed consommé

To stuffing add sage, celery and onion.
Add butter to consommé; heat, then add to stuffing.

Mary Jane Carollo

OYSTER STUFFING

1/2 cup chopped celery
1/2 cup chopped onion
1 bay leaf
1/4 cup butter
6 cups dry bread crumbs
1 Tablespoon chopped parsley
3 cups chopped raw oysters
1 teaspoon poultry seasoning
Salt and pepper
2 beaten eggs
1-3/4 cups oyster liquid and milk

Cook celery, onion and bay leaf in butter until tender. Remove bay leaf. Add crumbs and parsley to butter mixture. Mix. Add oysters, seasonings, and eggs. Add enough liquid to mixture to moisten.

Mary Jane Olson

BREAD STUFFING

4 cups dry bread cubes
3 tablespoons chopped onion
1 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon poultry seasoning
sage to taste
1/3 cup melted butter
hot water to moisten

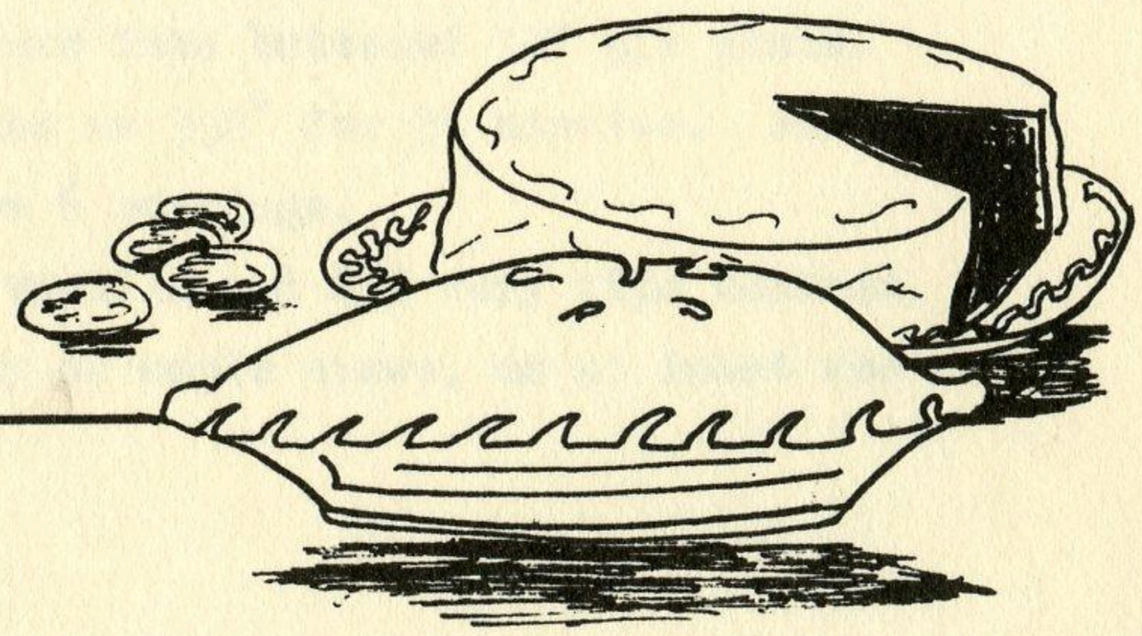
Combine bread, onion and seasonings. Add butter and enough liquid to moisten. Add chopped cooked giblets or 1-1/3 cups sliced mushrooms.

Mary Jane Carollo

... Notes ...

X.

Desserts and Sweets



PIE CRUST SECRET TO GOOD PIES

4 cups of all-purpose flour (King Arthur)

16 tbsps. (2 cups) shortening 1 1/3 tsp. salt

Ice water (Mother always said, "Use water as if it cost a dollar a drop and shortening as if it were free.")

Sift flour and salt; work in shortening; mix to a dough with the water, and roll out on floured board. Divide in 4 equal parts. Chill if possible. Portions will be 4 single crusts or 2 doubles, 9 inch size.

* When baking a single crust to be used as shell, fit your crust into dish. Prick the crust on bottom and sides with fork. Put a smaller pie dish or aluminum tin on top of crust. It will bake but hold shape nicely. Bake 450° for 10 to 15 minutes.

Judy Parker

CHOCOLATE PIE OR PUDDING

3 sqs. of Baker's dark chocolate
2 1/2 cups milk
1 cup sugar
1/2 cup flour
2 egg yolks
2 tbsp. butter
2 tsp. vanilla
1/2 tsp. salt

In double boiler over boiling water, melt chocolate with milk. Add sugar, flour and salt. Stir until thick beating till smooth. Cover cook 15 min. With electric mixer, beat egg yolks. Add small amount of choco. mix to your yolks, beating while adding. Return egg mixture now to the rest, thickening chocolate mixture. Add butter and vanilla.

If you are going to use meringue, pour mix into baked pie shell. Make meringue covering chocolate mixture to edge of crust. Bake 15-20 min. 325°

If you are using cream topping, you must, after you add butter and vanilla, cook until very thick. Now pour into shell or dish. Set to cool. When adequately cool, pop into refrigerator tc chill for pudding, or place pie on rack. Top when serving. Generations of lip licking good. Say mmm.

Judy Parker

SURPRISE BANANA PIE

4 eggs
1 3/4 cup milk
1/4 cup honey or maple syrup
1/2 cup whole wheat flour
1/4 cup softened butter
1 tsp. vanilla
1 - 2 ripe banana
1 handful unsweetened coconut, shredded

Put all ingredients except coconut in the blender. Blend for 10 seconds. Pour mixture into buttered 10" pie plate. Sprinkle with coconut. Bake at 350° for 30 minutes. Remove from oven and chill. Makes 6 servings.

If you add 2 tsp. of vanilla and 2-3 very ripe bananas, you can eliminate the honey or maple syrup, or at least use very little.

CALVIN COOLIDGE CUSTARD PIE

2 eggs
1/4 cup sugar
1 tablespoon flour
3 cups milk, boiling hot

Beat eggs; add sugar and flour. Pour over this mixture the boiling milk and stir. Pour into unbaked pie shell and bake at 375 degrees for 20 minutes, or until knife comes out clean. Take from oven, and sprinkle with nutmeg.

Roy Elwell

LEMON MERINGUE PIE

For Deep Dish

1 cup flour
2 1/2 cups sugar
1/4 tsp. salt
6 eggs
3 cups water
3 tsps. grated lemon rind
2/3 cup lemon juice
6 tbsps. sugar (additional)

Previously baked pie shell

Combine flour, sugar, salt in upper part of double boiler with electric mixer; add water gradually. Beat in egg yolks 2 at a time. Mix is thick and yellow. Cook over hot water, stirring constantly (with wooden or steel spoon). When very thick, add lemon juice and rind using mixer; beat a few minutes; remove from heat and let cool; turn into pie shell.

Top with meringue made by beating egg whites until foamy, adding the additional sugar a little at a time. One tsp. of baking powder added to meringue with the sugar improves consistency and texture. When very stiff, pile lightly on filling. Bake 15 min. in 350° oven until set and delicately brown.

Judy Parker

SWEDISH APPLE PIE

Fill well-buttered 9" pie plate with apples - about 2/3 full. Sprinkle 1 teaspoon cinnamon over apples.

With 1 tablespoon of sugar in sauce pan, melt 3/4 cup of Oleo. Add 1 cup sugar (2/3 cup not as sweet), 1 cup flour, 1 egg unbeaten, pinch salt.

Mix all ingredients well and pour over apples.

Bake at 350° for 45 minutes.

Betty Frontiero

NO-BAKE BLUEBERRY PIE

1 cup blueberries
3 cup blueberries
3/4 cup sugar
1/2 cup water
2 tbsps. corn starch
1 tbsp. butter
1 tbsp. lemon juice
1 baked pie shell

Mix 1 cup blueberries, sugar and water in a saucepan. Bring to a boil and cook until soft, about 10 minutes. Rub mixture through a sieve. Add corn starch, dissolved in a little cold water and cook until thick. Stir in butter and lemon juice. Cool slightly and gently fold uncooked berries into cooked mixture.

Pour into baked pie shell.

Chill and add whipped cream. Absolutely delicious summer fruit pie.

Barbara Olson

STRAWBERRY PIE

1 - 9 inch pastry shell, baked and cooled
1 - 3 oz. package cream cheese, softened
3 tbsps. dairy sour cream
1 to 1 1/2 quarts strawberries, washed and stemmed
1 cup sugar
3 tbsps. corn starch
Red food coloring, if desired

Beat cream cheese until fluffy; add sour cream and beat until smooth. Spread on bottom of shell and refrigerate. Mash enough strawberries to make 1 cup. Force through a sieve and add enough water to make 1 cup of liquid. Mix sugar and corn starch. Add the cup liquid; cook over medium heat, stirring until mixture is clear and thickened; then boil about 3 minutes. Stir to cool slightly and add a little red food coloring if necessary. Place remaining berries, tips up, in shell and pour cooked mixture over the top. Chill 3 to 4 hours.

STRAWBERRY FLUFF PIE

1-10 oz. package frozen strawberries, thawed.
1/4 cup sugar
1 cup sour cream
1 tablespoon lemon juice

3 egg whites
Dash of salt
1/2 cup sugar
1 baked 9 inch pastry shell

Combine strawberries and 1/4 cup sugar. Stir in sour cream and lemon juice.

Beat egg whites with salt until foamy. Gradually add 1/2 cup sugar, beating until stiff peaks form. Fold into strawberry sour cream mixture.

Pile in baked pastry shell. Freeze several hours. Let stand 10 minutes before serving.

Barbara Olson

ICE CREAM PIE

Mix 1/3 cup peanut butter and 1/3 cup corn syrup until combined. Add 2 cups Rice Krispies. Mix until coated. Press mixture evenly around sides and bottom of 9 inch pie plate.

Spread 1 quart slightly softened vanilla ice cream into pie shell. Freeze until firm. Top with strawberries or peaches.

Gladys Niemi Curtis

CARAMEL PECAN PIE

3/4 cup dark brown sugar
1/2 cup corn syrup
1/4 cup maple syrup
3/4 tsp. flour
1/8 tsp. salt
3/4 tsp. cider vinegar
2 eggs
1/2 cup chopped pecans

Line 8" pie pan with your favorite pie crust. Mix together all ingredients except pecans. Add the nuts last, but be sure they are well coated with the syrup mixture. Pour into pie shell and bake at 450° for ten minutes, then at 300° for 30 minutes.

Marjorie Arlington

CHIFFON PUMPKIN PIE

2 tsp. plain gelatin)
1/4 cup cold water)

Dissolve for 5 minutes

3 eggs separated
1 cup sugar
1 1/4 cup pumpkin
1/2 tsp. salt
1/2 tsp. cinnamon
1/4 tsp. ginger
1/4 tsp. nutmeg
1/2 cup milk

Beat egg yolks. Add 1/2 cup sugar and pumpkin, salt, spices and milk. Cook over low heat stirring constantly until thickens. Add gelatin and stir until dissolved. Cool. Beat egg whites until stiff. Fold into cooled pumpkin. Beat in 1/2 cup sugar.

Put in baked pie shell and serve with whipped cream.

Patsy Niemi

SWEET POTATO PIE

1 1/2 to 2 cups of cooked mashed yams or sweet potatoes
2 cups milk (1 can of milk plus 1/4 cup makes 2 cups.)
1/4 cup brown sugar
1/2 tsp. ginger
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. allspice
1/2 tsp. salt
2 eggs
2 tbsps. butter

Single (uncooked) pie shell

With electric mixer, beat all the ingredients until thick and smooth. Pour into shell. Bake in 9" or deep dish in 350° oven about 1 hour or until filling is set. Top with whipped cream.

Judy Parker

YUMMY CRUSTLESS CHEESECAKE

1 lb. cream cheese
1 lb. Farmers cheese
2 cups sugar
4 eggs
1/2 cup flour
Juice of 1 lemon
1 tsp. vanilla
1 pint sour cream
1/2 cup sweet butter softened

Put all ingredients in large bowl of electric mixer. Beat at medium speed 20 minutes or until light and creamy. Pour into buttered 9" spring pan, and bake in 325° oven for 1 hour. Then turn off oven temperature, and let cake stand in oven for 2 hours. Chill. 12 servings.

J. Hubbard

CHEESE CAKES

Line patty tins with short crust or Rough Puff pastry.

1 egg
2 oz. margarine
2 oz. fine sugar
2 oz. flour
1/2 tsp. baking powder
Jam

1. Put a little jam in the lined tins.
2. Cream margarine and sugar. Add flour and egg alternately. Add baking powder.
3. Put a teaspoonful of mixture in each tin.
4. Make a cross on top with scraps of pastry.
5. Bake in hot oven - 15 to 20 minutes.

Rosie Marr

ROUGH PUFF PASTRY

1 lb. flour, 10-12 oz. margarine or marg. & lard, 1/2 tsp. salt, cold water

1. Measure flour; add salt.
2. Cut fat into small pieces.
3. Mix to elastic consistency with cold water.
4. Roll into strip on floured board.
5. Fold up 1/3 and down 1/3 and seal edge.
6. Half turn so that open ends are top and bottom and roll out again.
7. Repeat instructions in Nos. 5 and 6, and then use as desired.

1-EGG CAKE

2 cups flour

1 1/4 cups sugar

2 1/2 tsp. baking powder

1 tsp. salt

1/2 cup shortening

1 tsp. vanilla

1 milk

1 egg

350° temperature

BOILED MILK CAKE

Stir gradually 1 cup sugar into 2 eggs, beaten light. Melt 1 teaspoon of butter. (Add in 1/2 cup hot milk.) 1 teaspoon baking powder in 1 cupful of flour. Beat all ingredients well together.

Bake at 350° until done.

POUND CAKE

1 stick butter

1/4 cup Crisco

1 1/4 cups sugar

2 large eggs

1 1/2 cups flour & 1/2 tsp. salt

1/4 tsp. baking powder

1/2 cup milk

1/2 tsp. vanilla & 1/4 tsp. almond

Beat butter, Crisco and sugar until fluffy. Add eggs one at a time. Add flour and baking powder and salt alternately with milk. Add vanilla; can use lemon extract in place of almond extract.

Bake in 350° oven 50 to 60 minutes in greased (1 medium) loaf pan or 2 (7 1/2 x 3 1/2" pans). Very good.

Viola Silva

ICE BOX CAKE

1 box graham crackers

1 box vanilla pudding

1 box chocolate pudding

Either of the puddings can be instant or regular, plus any flavors you wish.

Use a 9 by 13" glass or metal pan. Prepare pudding as directed. I use a little less milk than called for to make it a little thicker. Layer grahams on bottom of pan, filling all spaces even if you have to break them up. Then layer alternately chocolate pudding, grahams, vanilla pudding, etc., until you reach the top. Put in refrigerator for three or four hours at least. I make it the day before. Serve with a dollop of whipped cream, and enjoy.

Roy Elwell

CARROT CAKE

1 cup grated carrots
1 1/4 cups whole wheat flour
2 eggs, beaten
1/2 cup honey
1/2 cup melted butter/oil
1/2 tsp. cinnamon
1 tsp. baking soda
1/4 cup lemon juice/crushed pineapple
1/2 cup chopped raisins/dates
1 tsp. baking powder
1/2 cup chopped walnuts/pecans

In a large bowl, combine all ingredients except raisins and walnuts. Mix well.

Add raisins and walnuts to batter. Pour into buttered (greased) pan. Bake for 3/4 hour at 350°.

Optional - Frost with cream cheese, milk, honey.

Yield - 1/2 cake recipe - 8 x 8" pan or 10 to 12 muffins
- mini-bundt or one layer cake

CARROT CAKE

2 cups flour
1 tsp. baking soda
1/2 tsp. salt
1 1/2 cup sugar
2 tsp. cinnamon
3 eggs
3/4 cup buttermilk
1/2 cup oil
2 tsps. vanilla
8 1/2 oz. can crushed pineapple
2 cups finely grated carrot
1 cup flaked coconut
1 cup chopped nuts

Preheat oven to 350°. Sift dry ingredients into large mixer bowl. Beat eggs in small bowl. Add buttermilk, oil and vanilla. Add all at once to larger bowl. Mix until smooth. Fold in pineapple, carrot, coconut and nuts. Pour into 3 greased and floured round pans. Bake 35 min., or until cake tests done. Remove from oven. After 10 min., turn on to wire racks. Cool completely. Frost with butter cream or cream cheese frosting.

Leslie Cooney

APPLESAUCE CAKE

1 cup firmly packed brown sugar
1/2 cup butter
1 egg
1 3/4 cups flour
1 cup raisins
1 cup currants
1 cup chopped walnuts
1/2 tsp. salt
1/2 tsp. ground cloves
1 tsp. baking soda
1 tsp. cinnamon
1/2 tsp. nutmeg
1 cup thick applesauce (heated)

Cream butter with sugar. Add egg. Sift a bit of flour over nuts and fruit. Sift flour with dry ingredients. Blend with butter mixture. Stir in nuts, raisins and currants. Stir in applesauce.

Pour into buttered 9" tube pan and bake at 350° approximately 40 minutes or until tester comes out clean.

Winnie Gamage

RHUBARB CAKE

2 1/2 cups all purpose flour
2 tsps. baking powder
1 tsp. cinnamon
1 1/2 cups packed light or dark brown sugar
2/3 cup corn oil
1 large egg
1 tsp. vanilla
1 cup milk
1 1/2 cups finely diced (1/4 inch) pink or red rhubarb
1 1/2 cups chopped nuts

Stir together flour, baking powder, salt and cinnamon. In a large bowl stir together sugar, oil, egg and vanilla until blended; stir in flour mixture in 4 additions, alternately with milk, just until smooth each time. Stir in rhubarb and nuts. Bake in a greased and floured 13 by 9 by 2-inch pan, in a preheated 325° oven, until a cake tester in center comes out clean of batter - 45 min. at 275° or 300° depending on oven temperature. Cool. Cut in pan.

Note: You will need about 1/2 lb. of rhubarb, weighed before trimming.

Marilyn Brophy

ORANGE ZUCCHINI CAKE

1 cup all-purpose flour
1 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. salt
1 tsp. ground cinnamon
1/2 tsp. ground nutmeg
3/4 cup sugar
1/2 cup vegetable oil
2 eggs
1/2 cup All Bran cereal
1 1/2 tsp. grated orange peel
1 tsp. vanilla
1 cup grated zucchini
1/2 cup chopped nuts

1. Mix flour, baking powder, soda, salt, cinnamon and nutmeg. Set aside.
2. In large bowl, beat sugar, oil, and eggs until well combined. Stir in cereal, orange peel and vanilla. Add flour mixture, zucchini and nuts. Mix well. Spread evenly in greased 10 x 6 x 2 inch (1 1/2 qt. baking dish).
3. Bake at 325° for 35 minutes. Cool completely.

Mary Jane Carollo

ORANGE CAKE

1/2 cup butter
1 cup sugar
Grated rind of 1 orange
1 tbsp. lemon juice
2 eggs
1/3 cup orange juice
1 3/4 cups flour
1/4 tsp. salt
1/2 tsp. soda

Cream butter with the electric mixer; add sugar gradually and beat well. Add eggs, grated rind and lemon juice. Mix and sift dry ingredients together and add alternately with orange juice. Put a tbsp. on each section of the waffle grid iron which has been preheated about 8 minutes, and bake 3 minutes or until the steaming stops. Serve with whipped cream and garnish with sliced oranges.

Recipe of Carrie Tibbetts, mother of Emma Laste. It is over 100 years old and was sold to a famous Boston restaurant.

CRANBERRY-ORANGE SPICE CAKE

1 stick butter or margarine
1 cup sugar
1 beaten egg
1 cup raisins
1/2 cup coarsely chopped walnuts
1 3/4 cup sifted flour
1/4 tsp. salt
1 tsp. baking soda
1 tsp. baking powder
1 tsp. cinnamon
1/2 tsp. ground cloves
14 oz. jar cranberry orange relish

Method: Cream shortening and sugar. Add beaten egg. Stir in raisins and nuts. Sift dry ingredients together. Add to creamed mixture. Stir in cranberry relish. Pour into greased pan.
Bake at 350° for one hour.

Eda Tarbox

CRANBERRY COFFEE CAKE

8 oz. sour cream
1/2 cup oil
1 cup sugar
2 eggs
2 cups flour
1 tsp. soda
1 tsp. baking powder
1/2 tsp. salt
8 oz. cranberry sauce

Method: Beat eggs. Add 1 cup sugar and blend well; add oil. In bowl put flour, soda, baking powder, and salt.

Add alternately, spoon into mixture flour and sour cream. Last, end with flour and vanilla. Bake in tube pan for 55 min. in 350° oven. Put half of batter in greased and floured pan. Add 1/2 cranberry sauce and 1/2 cup of chopped nuts, and rest of batter, and on top, the sauce and rest of nuts.

Glaze with milk, confectioners sugar and vanilla. Drip over cake.

E. Cooney

RED VELVET CAKE

In a small bowl, set aside 1 tsp. vinegar
1 tsp. soda

In a large bowl:

1/2 cup shortening
1 1/2 cups sugar
2 eggs

1 tsp. salt
1 tsp. cocoa
1/2 tsp. vanilla

Add alternately - 2 oz. red food coloring
2 1/4 cups flour
1 cup butter milk

Then add vinegar and soda.

Bake at 350°.

CHOCOLATE SOUR CREAM CAKE

5 eggs
1 1/2 cups butter
1 1/2 cups sugar
4 oz. German sweet baking chocolate
2 tsps. baking powder
2 tsps. baking soda
1/2 tsp. salt
3 cups flour
2 cups sour cream
1/2 cup cocoa powder

Melt the chocolate squares with 1/2 cup butter. Separate the eggs. Let them come to room temperature. Beat egg whites until stiff. Set aside. Without cleaning beaters, cream together 1 cup butter and all the sugar. Add the cooled melted chocolate mixture and the egg yolks. Mix well. Sift together dry ingredients. Fold into butter mixture alternately with sour cream, beginning and ending with dry. Fold in egg whites. Turn batter into buttered and floured bundt pan or tube pan. Bake 60 min. at 350°. Cake will be pulling away from sides of pan a little when it is done.

PINEAPPLE UPSIDE-DOWN CAKE

Bake in skillet. Melt 3/4 cup brown sugar - 2 tbsps. butter in iron skillet - arrange sliced pineapple over syrup.

Batter - 1 cup sugar
1/3 cup butter
2 eggs
1/2 cup milk
1 1/2 cup flour
1 tsp. baking powder

Pour batter over pineapple and syrup. Bake 40 min. in a 350° oven. Cool - then turn out on waxpaper covered board.

Patsy Niemi

PUMPKIN ROLL

4 eggs
2 cups sugar
1 cup vegetable oil
1 can pumpkin
2 cups flour
2 tsps. baking powder
2 tsps. cinnamon
1 tsp. baking soda
3/4 tsp. salt
1/2 tsp. ginger
1/4 tsp. cloves
Confectioners sugar

Heat oven to 350°. Grease jelly roll tin. Lay sheet of wax paper and press to tin. Fill and bake approximately 20 minutes or less.

On counter top or bread board, lay out clean tea towel. Sprinkle with confectioners sugar. Turn cake on to towel carefully. Remove wax paper. I start in center and tear toward the corner and ends. Now roll with towel, narrow side. Work quickly so you do not let it cool before you get it to roll. Do same with other. Set the 2 rolls back on one of tins. Pop in to refrigerator to set up. Cool for several hours.

Cream Cheese Frosting: 2 - 3 oz. pkg. of cream cheese softened, 3/4 cup of butter (margarine), 2 tsps. vanilla. Beat and gradually add 4 cups powdered sugar until consistency of whipped cream. Unroll cooled cake. Spread icing over roll frosting top and sides; sprinkle with nuts. Freezes well. Super.

Judy Parker

BLUEBERRY CAKE

1½ cups sifted flour
1 tsp. baking powder
1/2 tsp. salt
1 cup sugar
1/3 cup milk
2 eggs, separated
1 cup shortening (oil)
1 tsp. vanilla
1-1/3 cups floured blueberries

Cream sugar and shortening. Add yolks and vanilla. Beat well. Add sifted flour, baking powder and salt. Add creamed mixture along with milk. Beat egg whites stiff and fold in. Lastly, fold in floured berries.

Pour into 8x8 pan or tube pan. Better results in tube pan. Sprinkle sugar on top before baking at 350° for 40 minutes.

E. Cooney

NEVER-FAIL FROSTING

1 cup sugar
1/4 tsp. cream of tartar
1 unbeaten egg white
1/2 cup boiling water
1 capful vanilla

Mix sugar, egg white, cream of tartar and vanilla together. Add boiling water and beat at highest speed, about 10 minutes.

CHEWY NO-BAKES COOKIES

3/4 cup raisins
3/4 cup unsalted peanuts
1/2 cup chocolate bits
2 cups Chinese noodles
1/2 cup creamy peanut butter
1/4 cup honey

Mix raisins, peanuts, chocolate bits and noodles in bowl. Put peanut butter and honey in small saucepan and stir over medium heat, just until smooth and hot (no need to boil).

Pour this over dry mixture. Toss with fork until evenly coated. Shape rounded tablespoonfuls into "golf balls", pressing gently with fingers.

Jean Cameron

OATMEAL PEANUT BUTTER COOKIES

1/2 cup butter
1/2 cup apple juice concentrate
3/4 cup honey
3 eggs
2 cups chunk peanut butter
6 cups oatmeal
1 cup carob chips
2 1/2 tsp. baking soda
1/2 tsp. vanilla

In an 8 qt. saucepan, beat together butter and sweetners; blend in eggs and vanilla. Add peanut butter; mix well. Stir in oats, chips and baking soda; mix well. Drop by tablespoonfuls on ungreased cookie sheet. Flatten with fork. Bake at 350° for 10 min. Makes 8-9 dozen.

Note: There is no flour in this recipe. If you use natural peanut butter, add chopped nuts. For variety, add coconut, raisins, seeds, etc. Experiment!

CHOCOLATE SQUARES

1 cup white sugar
2 tbsps. butter
2 egg yolks
1/2 cup cocoa
1/2 cup milk
1 tsp. baking powder
1 cup flour
1 tsp. vanilla and salt

Bake at 350° for 25 to 30 minutes.

TOPPING

2 cups coconut
1/2 cup white sugar
2 egg whites - beat stiff.

Top with chocolate icing.

Cathy Gallagher

CHOCOLATE OATMEAL COOKIES
(Scotch Bars)

1/2 cup shortening
1/4 cup sugar
1/4 cup brown sugar
1 package semi-sweet chocolate bits
1/2 cup rolled oats
1/2 tsp. vanilla
1 egg
1/2 cup flour
1/2 cup chopped nuts

Melt chocolate over hot water.
Spread on mixture.
Sprinkle with nuts.

Meg Mc Whirler

CHOCOLATE CHIP COFFEE BARS

1 lb. box brown sugar
2 eggs beaten
1 tsp. baking soda
3 cups unsifted flour
1 cup hot water
1 cup chopped nuts
1 cup oil
1 tsp. salt
1 tbsp. instant coffee
1 tsp. vanilla
12 oz. bag chocolate chips

Mix sugar, oil, eggs and vanilla well. Mix salt, soda and flour. Dissolve coffee in water; let coffee cool a bit so you won't cook the eggs when you add it. Mix in coffee and dry ingredients alternately. Stir in nuts & choc. bits. Spread in lightly greased 11 x 14" cookie pan. Bake 15 - 20 minutes at 350°.

Meg McWhirler

MY FAVORITE SQUARES

3/4 cup shortening)
1 cup sugar) Cream together until soft.
1 egg (beaten))
2 cup sifted flour)
1/2 tsp. salt)
1 1/2 tsp baking powder) Sift dry ingredients together and add to above mixture. Batter will be stiff.
1/2 tsp. vanilla)

Add 4 oz. drained cherries, 6 oz. package chocolate bits. Press into a 9 x 13" pan, bake 25 minutes at 375°. Sprinkle with confectionary sugar after baking.

Polly Wicky

BUTTERY OATMEAL TEA COOKIES

2 1/4 cup quick-cooking oats, whirled 5 seconds in blender
1 cup butter, melted
1/2 tsp. salt
1 tbsp. molasses
3 tbsps. flour
1 egg, slightly beaten
1 tsp. vanilla

Combine oats and butter in mixing bowl, beating 3 minutes. Add brown sugar and blend. Add remaining ingredients in order. Drop by 1/2 teaspoonful on greased baking sheet, 1 1/2 inches apart. Bake 6 to 8 minutes at 365°.

Cool slightly on sheets. Then remove to racks. Store in airtight container with waxed paper in between layers.

Leslie Cooney

ENGLISH TEA BISCUITS

(Cookies)

1 1/2 cup sifted flour
1/2 cup sugar
scant 1/2 tsp. salt
2 tsps. baking powder
1/2 cup butter or margarine
1/2 cup currants or raisins
1 egg, beaten
2 tsps. milk

Sift together flour, sugar, salt and baking powder. Work in the butter or margarine. Add currants and mix. (Take out 1 tsp. of the beaten egg and set aside for glazing the tops of the biscuits.) Add 2 tsp. milk to rest of the beaten egg and mix into the dry ingredients. With the hands, roll the dough into balls the size of a walnut. Set the balls in a buttered pan a little apart. Brush the tops with the egg and dredge with sugar. Bake in a 375° oven for 10 to 12 minutes.

CHOCOLATE BROWNIES

2 squares melted chocolate; cool and add
1/2 cup oil, 1 tsp. vanilla (set aside)

In bowl, 1 cup sugar, add two eggs, one at a time (by hand). Add 1/2 cup flour, 1/2 tsp. salt. Add to first mixture and last add 2/3 cup chopped nuts.

Bake at 350° for 25 minutes.

E. Cooney

CREAM CHEESE BROWNIES

1. Melt 1 package German chocolate and 3 tbsps. butter over low heat. Stir. Cool. Set aside.
2. Cream 3 oz. package cream cheese with 2 tbsps. butter. Add 1/4 cup sugar. Cream until fluffy. Add 1 egg, 1 tbsp. flour and 1/2 tsp. vanilla. Set aside.
3. Beat 2 eggs until light colored. Add 3/4 cup sugar. Beat until thick. Add 1/2 tsp. baking powder, 1/4 tsp. salt and 1/2 cup flour. Blend in chocolate mixture, 1 tsp. vanilla, 1/4 tsp. almond extract and 1/2 cup nuts.
4. Spread thin layer of chocolate mixture in greased 8 or 9" square pan. Top with cheese mixture. Spoon rest of chocolate mixture on top. Zigzag knife through to marble.

Bake at 350° for 35 to 40 minutes.

Cool, then cut.

CRUMMIES

1 cup sugar
1/2 cup molasses
1/2 cup raisins
1/4 cup hot water
1/2 tsp. each of cloves, cinnamon, nutmeg
1/2 cup shortening of 1 stick Oleo
1 egg
1 tsp. soda

Flour to stiffen. Spread thin in large pan like brownies. Bake at 350°. Don't overbake.

If you choose, simmer raisins for a few minutes to puff them up, and use that water for the hot water called for in recipe.

Helen M. Bradley

PEANUT BUTTER BARS

1 cup all-purpose flour
1 cup quick-cooking oats
1/2 cup sugar
1/2 cup firmly packed light brown sugar
1/2 tsp. soda
1/3 cup peanut butter
1/2 cup butter, softened
1 egg, slightly beaten

Measure all ingredients into large bowl. Knead ingredients together until crumbly. Press into greased pan - even layer (9" square pan). Bake at 350° for 20 to 25 minutes or until top is golden brown and edges begin to pull away from sides. (The center will be soft.) Let cool, and cut into squares. Yield: 18 squares.

Becky Clark

APRICOT SQUARES

3/4 cup dried apricots (cut up)
1/4 cup sugar
1 cup flour
1/2 cup butter
1/2 cup walnuts

1/3 cup flour
1/2 tsp. baking powder
1/4 tsp. salt
2 eggs (beaten)
1 cup sugar
1/2 tsp. vanilla

Cover apricots with water and boil for 10 minutes. (Drain & cool.) Set aside. Blend 1 cup flour, 1/4 cup sugar and 1/2 cup butter. Press into 9" pan, and bake in 350° oven for 10 to 20 minutes. Set aside.

Then beat 2 eggs, 1/3 cup flour, the sugar, salt and baking powder. Add vanilla, nuts and apricots.

Spread on first mixture and bake in 350° oven for 25 - 30 minutes. Cool, cut into squares and sprinkle with confectioners sugar.

Winnie Gamage

CHERRY SQUARES

1 pkge. Pillsbury White Cake Mix
1 1/4 cups rolled oats
1/2 cup margarine
1 egg
21 ounce can Cherry Pie filling
1/2 cup chopped nuts
1/4 cup brown sugar

Greased 9 x 13" pan

Put cake mix into large bowl with 6 tbsps. margarine and 1 cup rolled oats. Mix until crumbly. (Save 1 cup for topping.)

Add 1 egg and miscellaneous until blended. Press into pan. Pour cherry filling over crust. Spread. To reserve crumbs, add remaining 1/4 cup oats, 2 tbsp. margarine, nuts and brown sugar. Beat till mixed. Sprinkle over cherry mixture. Bake at 350° for 30-40 minutes. Cool and serve with whipped cream after cutting into squares.

Winnie Gamage

DATE BARS

1 cup sugar
1/4 cup butter
2 eggs
1 package dates
1/2 cup flour
1/4 tsp. baking powder

Cream butter and sugar. Add unbeaten eggs. Blend well. Add dates, nuts and flour.

Bake at 350° for 30 minutes.

E. Cooney

FRUIT BARS

2 cups unsifted flour
1 cup sugar
1/2 tsp. baking soda
1/2 tsp. salt
1/2 cup oil
1/4 cup sweetened condensed milk
1 - 28 oz. jar mincemeat
1 cup chopped walnuts

Mix dry ingredients. Add oil and milk. Mix until crumbly. Save 1 cup.

Press remainder into 13" pan. Spread with mincemeat and nuts. Sprinkle with crumbs (1 cup).

Cook 30 minutes at 400°.

M. Karcher

TRIFLE

Lady Fingers or plain Sponge cake

Raspberry jam

Jello (Raspberry)

Small can fruit cocktail

Birds custard powder
(or vanilla pudding)

2 cups milk

Whipped cream

1 Banana

Place Lady Fingers in bottom of glass bowl. Spread with jam to give an added flavor. I put over this a good measure of sherry. Mix Jello; pour over. Put in fridge. Make custard with the milk, and when cool pour over after you have added the fruit, also sliced the banana.

I try to put some of the Lady Fingers in the middle to absorb the moisture. Top with whipped cream, and decorate with glace cherries.

This is good for a special treat and will serve 12 to 18 people.

Rosie Marr

STELLA D'ORO CREAM PUFFS
(Nice and easy)

1 package Stella D'oro Anginettis, cut in half

Fill with: 8 oz. package cream cheese

8 oz. container of Cool Whip

8 oz. can of crushed pineapple

Method: Have cream cheese at room temperature and add Cool Whip and pineapple, well drained. Split cookies and fill. Keep refrigerated. Delicious!

E. Cooney

RITA'S NOODLE KUGEL

3 eggs
1½ cups cottage cheese
3/4 cup sour cream
8 oz. cream cheese
1/2 tsp. vanilla
2 tsp. cinnamon
1/4 cup honey
few dashes salt

Beat the above ingredients together until smooth.

2 medium cooking apples, sliced
4 cups wide, flat egg noodles, boiled in salted water until just barely tender. Drain and butter.

Combine everything. Spread into a buttered casserole. Dot with butter and sprinkle cinnamon on top. Bake uncovered, 35 minutes at 375°. Serves 6.

PINEAPPLE SURPRISE

1 small can crushed pineapple
1 cup cold water
1/2 cup sugar
1 package raspberry Jello
1 jar whipping cream

Boil pineapple, water and sugar three minutes. Then pour over Jello. Chill until a thick syrup. Fold in whipped cream.

Helen Bradley

INDIAN PUDDING

4 cups milk
1/4 cup corn meal
3/4 tsp. salt
3/4 tsp. cinnamon
1/4 tsp. ginger
1/2 cup molasses
3 tbsps. butter
2 eggs, well beaten

Scald 3 cups milk in double boiler. Combine corn meal and 1/4 cup cold milk until smooth and add to hot milk. Stir and cook over hot water 20 minutes, stirring frequently. Add remaining ingredients and combine. Pour mixture into a greased baking dish. Pour remaining 3/4 cup cold milk over the top. Bake in 350° oven for 1 hour. Serve with vanilla ice cream or plain or whipped cream. Serves 6.

Roy Elwell

AUNT LUTE'S GINGERBREAD

1/2 cup sugar
1/2 cup molasses
1/2 cup shortening, butter or compound
Measure before melting.
1 egg
1/2 tsp. cinnamon
1/2 tsp. ginger

Start with cup of flour, even teaspoon soda, 1/2 tsp. salt, 1 cup boiling water. Alternate flour and hot water, enough flour to make fairly stiff. Last thing, add 1/2 tsp. vinegar.

"Aunt Lute" was Mrs. Lucy Hale Knutsford, a devout member of the Rockport Methodist Church until her death in 1917. She was the daughter of Judge George D. Hale, whose home at the head of Hale Street is now the Methodist parsonage. This recipe has been handed down for many generations of the Hale family since the late 1700's. The original recipe called for "3 glugs of molasses."

Dorothy Wires

BLUEBERRY BUCKLE

1/4 cup shortening
1/2 cup sugar
1 egg
1 cup flour
1 1/2 tsp. baking powder
1/3 cup milk
Salt

Mix like a cake. Spread in a 8 x 8 inch pan. Add 1 pint blueberries. Sprinkle with crumb mixture.

Crumb Mixture:

1/2 cup sugar
1/2 tsp. cinnamon
1/3 cup flour
1/4 cup butter

Mix until crumbly. Bake at 350° until blueberries are done. Serve with whipped cream.

Mary Jane Carollo

BLUEBERRY DUMPLINGS

2 to 3 quarts blueberries

Sugar to taste

1/2 cup water - Stew berries for 20 minutes.

Dumplings:

1 good size cup flour
1 1/2 tbsp. sugar
1 3/4 tsp. baking powder
1 tsp. baking soda
Dash of salt
1/2 cup milk

Sift dry ingredients. Add milk and mix. (Add a little extra milk if mixture is too dry.) Drop batter into blueberries by teaspoon. Cook over medium heat for about 15 to 20 minutes.

Note: If dumpling recipe is used for beef stew, omit the sugar.

Mary Jane Carollo

DOUBLE BOILER BREAD PUDDING

1 cup of brown sugar, packed firm

4 pieces of buttered bread, cubed

3 eggs, beaten

2 cups of milk

1 tsp. salt

1 tsp. vanilla

Pour beaten eggs, milk with salt and vanilla, over sugar and bread. Do not stir. Cook for 1 1/2 hours.

Helen Bradley

APPLE TAPIOCA PUDDING

3 lbs. McIntosh apples, peeled, cored and cut in eighths

1 tsp. cinnamon

1/2 cup butter

1 cup firmly packed brown sugar

1/2 cup quick-cooking tapioca

3 cups water

Juice of 1 lemon

Place apples in buttered 3-quart baking dish or round pan. Sprinkle with cinnamon, and dot with butter.

In a saucepan, place brown sugar, tapioca, water and lemon juice. Cook until thickened (approximately 5 minutes). Pour over apples.

Bake at 350° for 45 minutes or until apples are tender. Serve hot with vanilla ice cream.

Isabelle Cooney

FRUIT COCKTAIL DESSERT

1 1/2 cups flour)
1 tsp. baking soda)
Salt) Put in bowl.
1 cup sugar)
1 egg)

Add 1 can fruit cocktail. Mix well. Put in greased pan 9 inches by 9 inches. Sprinkle 3/4 cup brown sugar over top. Bake at 350° until done. Serve with whipped cream.

FRUIT PUNCH RING

Fill round cake pan 1/2 way with water. Let set. Add orange slices, apple, cherries, tangerines. Cover with water and freeze.

In a punch bowl, 8 oz. of Grenadine, 8 oz. orange juice. Pour in one bottle of Apple Jack. Remove fruit ring from cake pan and put in punch bowl.

Then pour Gingerale over punch and fruit ring.

Cathy Gallagher

BAKED BANANAS

Take bananas. Cut in half and roll in cinnamon and sugar.

Bake at 350° for 20 minutes.

Serve with whipped cream.

FRUIT ROLL

3/4 cup raisins

1/4 cup walnut meats

Few grains salt

Wash raisins, dry, put through food chopper with nuts. Mix well. Add salt to taste, and shape firmly in small roll. Chill and slice.

PARFAIT I & II

I. Dissolve 1 package lemon flavor gelatin in 1 cup boiling water; stir in and melt 1 pint vanilla ice cream. Fold in 1/2 cup cream, whipped. Chill for about one hour. Makes about 4 cups.

II. 1 package Jello, any flavor
1 1/2 cups hot water
1 pint vanilla ice cream

Add Jello to hot water and stir until dissolved. Spoon in ice cream and beat with rotary beater. Chill for one hour.

COFFEE MALLOW

16 marshmallows
1/2 cup strong coffee
1 cup heavy cream
1 tsp. vanilla
Dash of salt

Cut marshmallows into double boiler; add coffee. Cook until marshmallows are melted. Fold in whipped cream, vanilla and salt. Chill. Serve with whipped cream. Use a cherry for garnish.

Bertha H. Wicky

Coffee Souffle

1 cup milk
2 eggs, separated
3/4 cup sugar
pinch of salt
1 Tblsp. plain gelatin
1/4 cup water
1 cup cold strong coffee
1 tsp. vanilla

whipped cream

Scald milk in top of double boiler. Add egg yolks, one at a time, beating well after each; cook until it forms a coating on a metal spoon. Remove from heat. In the meantime, soak gelatin in water; when soft, stir into coffee. Add sugar and salt to milk mixture, blending well. Add in coffee mixture and vanilla. Cool. Beat egg whites to stiff but not dry. Fold into cooled mixture and allow to chill for at least 4 hours. Serve with whipped cream.

Natalie Balzarini

PEANUT BUTTER FUDGE

1 box confectioners sugar
1 cup evaporated milk
1 tbsp. butter
3 heaping tbsps. peanut butter
3 heaping tbsps. marshmallow
Pinch of salt

Mix sugar, salt, butter and milk and cook.

Stirring constantly until soft ball stage, then add peanut butter and marshmallow. Pour into buttered pan.

Rosie Marr

FOOL-PROOF FUDGE

3 - 6 oz. packages semi-sweet chocolate bits
1 - 14 oz. can Eagle Brand Condensed Milk
1 1/2 tsps. vanilla extract
1/2 cup chopped nuts (optional)
1 dash of salt

In top of double boiler, over boiling water, melt chocolate bits with the milk. Remove from heat. Add rest of ingredients and stir. Spread evenly in square pan lined with wax paper. Chill 2 hours until set. Turn fudge on to cutting board. Peel off paper and cut into squares. Cover and store at room temperature. Makes 1 1/2 pounds.

AUNT SALLY'S DARK CREAM FUDGE

2 cup sugar
1/2 cup milk
1/4 tsp. salt
2 heaping tbsps. corn starch
2 heaping tbsps. cocoa
1 tbsp. butter (size of walnut)

Place all ingredients in a 2 quart saucepan. Mix together somewhat and let all melt slowly. Count two minutes from the time it bubbles all over, beating all the time. Remove from stove. Add 1 tsp. vanilla and beat until thick (marshmallow fluff consistency). Pour into buttered pan and

a. Cover with nuts, pressing down slightly.
b. Cover with coconut, pressing down slightly; or
c. Leave plain.

Cool and cut when lukewarm.

A "no-fail" recipe that is simple enough for youngsters to make.

CRUNCHY PEANUT FUDGE

2 - 6 oz. packages semi-sweet chocolate pieces

1 cup crunchy peanut butter

4 cups Kraft miniature marshmallows

Melt chocolate with peanut butter in double boiler over low heat. Stir until smooth.

Fold in marshmallows.

Pour into greased 9 inch square pan. Chill until firm. Cut in squares.

PEANUT BUTTER FUDGE

3 cups sugar

1 1/3 cup milk (Whole)

Butter size of walnut

1 - 2 tbsps. peanut butter

3 tsps. Mc Cormack's vanilla

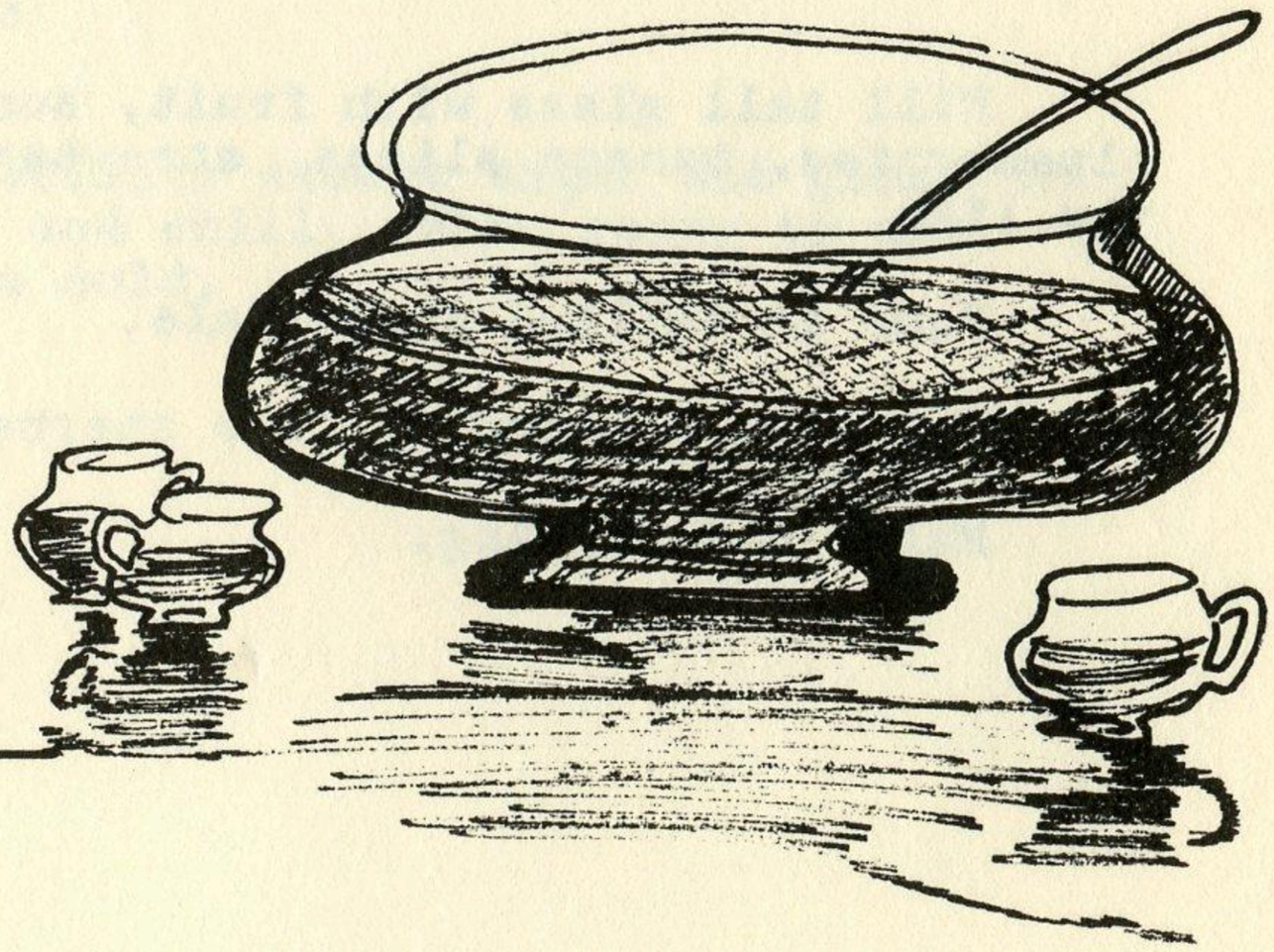
Heat milk (scald). Add 3 cups sugar, butter. Cook slowly, stirring often, 28 to 30 minutes slowly. Test. When it comes to a soft ball, take off fire. Add peanut butter and beat until it starts to thicken. Spread into pan 9 x 9". Very good.

Mary Mattson

. . . Notes . . .

XI.

Punch



ORANGE FIZZ

You need: 1 cup orange juice
1/4 cup sugar
Ice cubes
2 7-oz. bottles chilled ginger ale
quartered orange slices

Take out: Measuring cup
Small pitcher
spoon, glasses, bottle opener

Combine orange juice and sugar. Chill. Put ice cubes in four tall glasses. Add 1/4 cup of juice of juice mixture to each.

Gently fill glasses with ginger ale. Stir once or twice. Add quartered orange slices for garnish.

Christine Carollo
Age 8

FRUIT FLOAT

Fill tall glass with fruit, such as raspberries, blueberries, banana slices, strawberries, or any fruit you like.

Pour in chilled ginger ale.

Top with 1 scoop of lime sherbet.

Makes one serving.

SHERBET PUNCH

1 quart sherbet (any flavor)
1 48-oz. pineapple juice
1 48-oz. orange juice
1 48-oz. apple juice
2/3 cup lemon juice
2 quarts ginger ale

Combine fruit juice in bowl. Before serving, add chilled ginger ale and top with sherbet.

Mary Jane Carollo

CIDER PUNCH

2½ cups apple cider
1/4 cup lemon juice
1 cup orange juice
2½ cups gingerale
sugar to taste

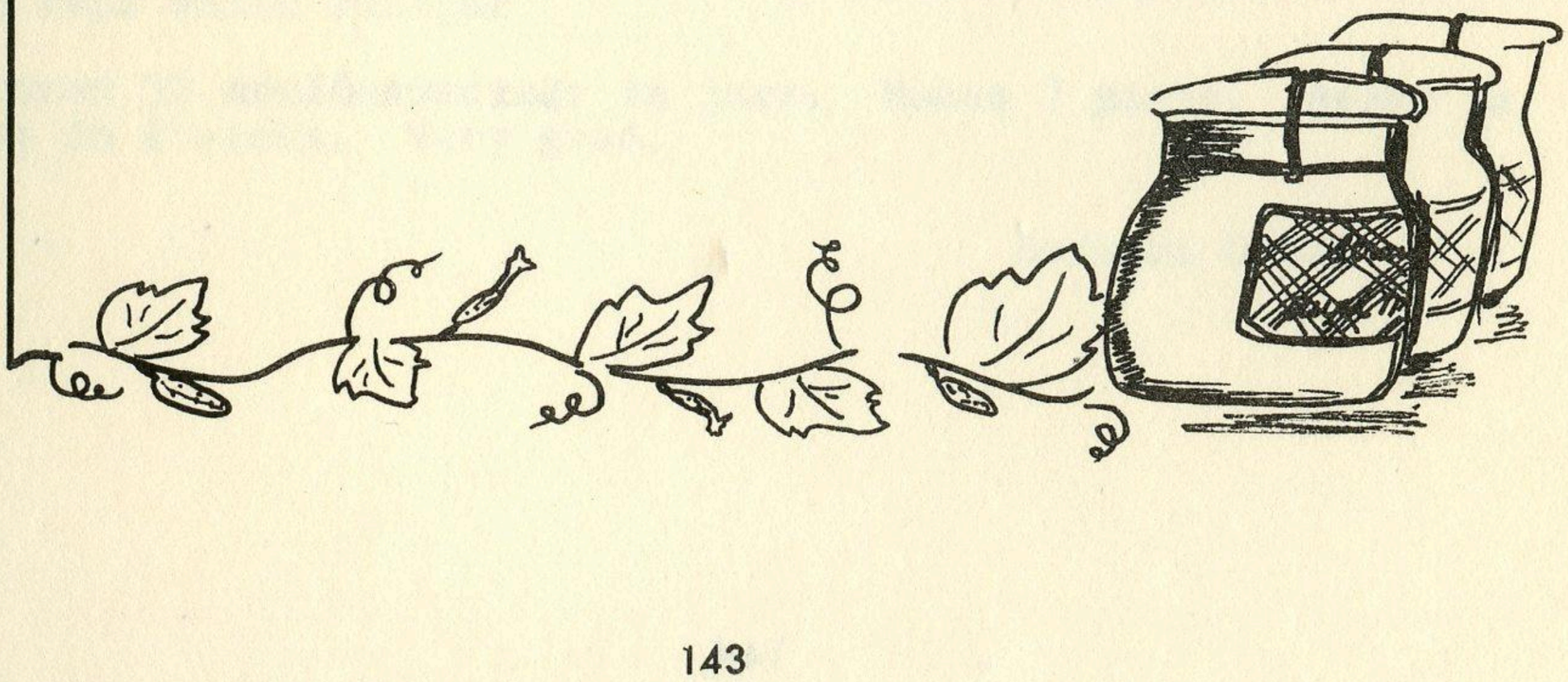
Combine all ingredients except sugar and gingerale. Sweeten to taste and chill. When ready to use, add gingerale. Serve cold.

Mary Jane Carollo

. . . Notes . . .

XII.

Pickles and Preserves



DILL PICKLES

Scrub medium cucumbers with brush and pack loosely in hot, sterilized jars.

To each quart add 3 or 4 heads dill, 1 piece alum the size of a small grape and 1 teaspoon mustard seed.

Fill jars with hot brine of 1 cup cider vinegar, 2 cups water and 1 tablespoon coarse-medium salt. Seal.

Barbara Olson

CUCUMBER PICKLES (Short method)

Select 50 cucumbers 2½ inches long, wash.
Cover with hot salt brine made of 1 cup coarse-medium salt to 2 quarts water. Let stand until cold.

Drain. Cover with mixture of 3 quarts cider vinegar, 1 quart water, 4 tablespoons mixed pickling spices, 2 cups sugar. (For sweeter pickles, increase sugar to 3 cups.)

Heat to a boil. Pack cucumbers in hot sterilized jars. Fill jars with hot syrup. Place alum the size of a pea in each jar and seal.

Barbara Olson

VIRGINIA SLICERS

1 gal. cukes sliced thin
1 gal. water
1 c. salt

Let stand 1 week and stir once a day. Drain and rinse.

Boil 10 minutes in water to cover with 1 tsp. alum. Drain and rinse. Boil 10 minutes in 3 cups sugar and 4 cups vinegar, 2 cups water, 1 tsp. each mixed pickling spice, celery seed and salt. Seal in jars while hot.

Marilyn Clark

ZUCCHINI PICKLES

10 cups zucchini
4 cups cubed onion
2 green peppers
½ cup salt

Skin zucchini and take out seeds. Soak overnight. Rinse in cold water. Pack mixture in sterilized jars.

5 cups sugar
1 tbsp. cornstarch
1 tbsp. tumeric
2 tsp. celery seed
1 tsp. black pepper
2½ cups white vinegar

Simmer 30 minutes. Pour in jars. Makes 7 pints. Ready to eat in 2 weeks. Very good.

Barbara Olson

DILLY GREEN TOMATOES

Small, firm green tomatoes. Leave stems on. Pack in sterilized quart jars.

To each quart, add 1 clove garlic, 1 stalk celery, 1 hot green pepper and 1 head dill.

For about 8 quarts, combine 2 quarts water, 1 quart cider vinegar, 1 cup salt. Cook 5 minutes. Fill jars to ½ inch from top. Seal.

Barbara Olson

WATERMELON CONSERVE

7 lbs. of watermelon rinds cut in cubes. 2 tbsp. salt
Cover with boiling water and boil rind until transparent. Drain well.

Boil together 7 cups sugar, 1 pint vinegar and pour over rind. Let stand overnight. Next morning, reheat syrup and pour over rind again and let stand. 3rd morning, add ¼ tsp. oil of clover, 1 tsp. oil of cinnamon and 1 small bottle of maraschino cherries, juice and all. Heat all together and seal in jars.

Marilyn Clark

WATERMELON PICKLES

Trim dark green and pink parts from 2 pounds watermelon rind. Cut in 1 inch cubes. Soak overnight in salt water; ¼ cup coarse medium salt to 1 quart water. (It may take more to cover.) Drain, rinse and cover with cold water. Cook until just tender. Drain.

Combine 2 cups sugar, 1 cup white vinegar, 1 cup water. Add 1 broken cinnamon stick (1 tbsp.) and 1½ teaspoons whole cloves tied in a bag. Simmer 10 minutes.

Remove spice bag. Add watermelon rind and ½ lemon, thinly sliced. (Add 5 halved maraschino cherries if desired.) Simmer until rind is clear. Seal boiling hot in hot, sterilized jars to ½ inch from top.

Makes 2 pints.

VEGETABLE RELISH

12 med. onions (4 cups ground)
1 med. head cabbage (4 cups ground)
10 green tomatoes
12 green peppers
6 sweet red peppers
½ cup salt
6 cups sugar
2 tbsp. mustard seed
1 tbsp. celery seed
1½ tsp. turmeric
4 cups cider vinegar
2 cups water

Grind vegetables. Sprinkle with salt and let stand overnight. Rinse and drain.

Combine remaining ingredients. Pour over.

Heat to boiling. Simmer 3 minutes. Seal in hot, sterilized jars.

Makes 8 pints.

Barbara Olson

CAULIFLOWER PICKLE

2 lg. cauliflowers
12 med. onions
¼ cup salt
3/4 cup sugar
1 tsp. ground turmeric
2 tsps. whole mustard seed
1 tsp. whole celery seed
1 sm. dried hot pepper (or fresh hot pepper)
½ tsp. whole cloves
1½ cups white vinegar
1½ cups water

Wash cauliflowers and break into flowerettes. Scald the onions, then peel and slice them. Combine onion with cauliflower and salt. Mix and let stand overnight. The following day, rinse in cold water. If too salty, soak one hour in cold water and drain.

Combine sugar, turmeric, mustard seed, celery seed, hot pepper, vinegar and water in a kettle. Add cloves tied in a cheesecloth bag. Boil mixture for five minutes. Add cauliflower and onions. Boil until tender but crispy, about 10 minutes. Remove cloves and pepper. Pack vegetables and liquid in hot sterile jars. Adjust jar lids and process in canner for 25 minutes. Makes 7 pints. Very good.

Barbara Olson

ICICLE PICKLES (Spears)

Cut large cucumbers in eights lengthwise. Let stand in ice water 8 hours or overnight.

Pack in hot sterilized jars. Fill center of each jar with 2 pieces celery and 6 pickling onions.

For 3 or 4 quarts, mix 1 quart cider vinegar, 1/3 cup coarse-medium salt and 1 cup sugar. Heat to boil.

Fill jars and seal.

Barbara Olson

STRAWBERRY JAM

1 quart strawberries Sugar

Select small, tart berries slightly under ripe. Do 1 quart at a time. Wash, dry well and weigh. Crush in saucepan; add equal weight of sugar and bring quickly to full boil.

Cook 12 to 15 minutes or to jelly test. Remove foam. Cool in flat dish 5 to 6 hours.

STRAWBERRY JAM WITH PECTIN

Wash 2 quarts strawberries. Slice in half lengthwise or cut large berries in quarters.

Measure 4 cups berries into large saucepan; add 1 cup sugar. Mix carefully. Let stand 15 minutes.

Add 6 cups sugar. Mix well; heat to a full rolling boil. Boil hard 1 minute, stirring constantly.

Remove from heat; stir in 1/2 bottle liquid fruit pectin. Stir and skim alternately 5 minutes to cool slightly and prevent floating fruit. Ladle into hot, sterilized jars. Seal at once.

Makes about seven 1/2 pints.

Barbara Olson

PLUM JAM

Wash and pit plums. Put through food chopper, using coarse blade.

Use 3 1/2 cups sugar for 4 cups of fruit. Let stand 1 hour. Cook until thick.

Pour in hot, sterilized jars.

Seal immediately.

Barbara Olson

APRICOT - PINEAPPLE JAM

Rince 2 cups dried apricots. Simmer in 2 1/2 cups water until tender. Mash apricots. Add 2 cups canned crushed pineapple, 1/2 lemon, sliced, and 4 cups sugar.

Simmer stirring frequently, until thick and clear. Pour into sterilized jars.

Seal immediately.

Makes about four 1/2 pints.

Barbara Olson

INDEX

APPETIZERS, DIPS
Anchovy-Olive Dip 9
Cottage Cheese Dip 9
Cream Cheese Dip 7
Creamy Onion Dip 8
Devilled Eggs 4
Glover Cheese Spread 4
Judy's Hot Clam Dip 7
Pizza Snacks 6
Quick Pizza 5
Red Kidney Bean Dip 8
Skillet Croutons 5
Sloppy Joe Franks 6
Sour Cream Dip 10

BREADS, CEREALS
Amadama Bread 13
Anadama Bread II 14
Banana Nut Bread 19
Blueberry Muffins 18
Buttermilk Biscuits 23
Cinnamon Twists 22
Corn Bread 21
Drop Biscuits 17
Granola 23
Honey Rolls 17
Hot Cross Buns 16
Ice Box Rolls 15
Italian Bread 13
No-Knead Bread Rolls 16
Oatmeal Bread 12
Quick Graham Bread 19
Pumpkin Nutbread 20
Refrigerator Rolls 15
Strawberry Bread 22
Sugar-Free Banana Nut Bread 20
White Bread 12
Whole Wheat Wafers 24
Zucchini Bread 21

CAKES
Applesauce Cake 111
Blueberry Cake 116
Boiled Milk Cake 108
Carrot Cake I & II 110
Cheesecakes I & II 107
Chocolate Sour Cream Cake 114
Cranberry Coffee Cake 113
Cranberry-Orange Spice Cake 113
Ice Box Cake 109
Never-Fail Frosting 116
One-Egg Cake 108
Orange Cake 112

CAKES, continued
Orange Zucchini Cake 112
Pineapple Upside-Down Cake 115
Pound Cake 109
Pumpkin Roll 115
Red Velvet Cake 114
Rhubarb Cake 111

CANDIES
Aunt Sally's Dark Cream Fudge 136
Crunchy Peanut Fudge 137
Fool-Proof Fudge 136
Peanut Butter Fudge

CASSEROLES
Baked Summer Squash 76
Baked Zucchini and Onions 84
Broccoli Casserole 81
Cheeseburger Pie 82

CASSEROLES, continued
Clam 'n' Corn Casserole 78
Clam Casserole 79
Corn and Clam Casserole 78
Eggplant and Cheese Casserole 77
Haddock and Cream of Shrimp Casserole 77
Holiday Casserole 79
Lasagna I 83
Lasagna II 83
Onion and Cheese Pie 81
Shepherd's Pie 82
Stuffed Peppers 80
Summer Squash Casserole 84
Swedish Luncheon Sandwich 80
Tuna-Noodle Bake 76

COOKIES, BARS, SQUARES
Applesauce Cookies 117
Apricot Squares 125
Apple Spice Squares 117
Buttery Oatmeal Tea Cookies 122
Cherry Squares 125
Chewy No-Bake Cookies 119
Chocolate Brownies 123
Chocolate Chip Coffee Bars 121
Chocolate Crinkle Cookies 118
Chocolate Oatmeal Cookies 120
Chocolate Peanut Butter Cookies 118
Chocolate Squares 120
Cream Cheese Brownies 123
Crummies 124
Date Bars 126
English Tea Biscuits 122
Fruit Bars 126
My Favorite Squares 121
Oatmeal Peanut Butter Cookies 119
Peanut Butter Bars 124

DESSERTS
Apple Tapioca Pudding 131
Aunt Lute's Gingerbread 129
Baked Bananas 133
Blueberry Buckle 130
Blueberry Dumplings 130
Coffee Mallow 134
Coffee Souffle 135
Double Boiler Bread Pudding 131
Fruit Cocktail Dessert 132
Fruit Punch Ring 132
Fruit Roll 133
Indian Pudding 129
Parfait I & II 134
Pineapple Surprise 128
Rita's Noodle Kugel 128
Stella D'Oro Cream Puffs 127
Trifle 126

MEATS AND MAIN DISHES
Baked Eggs in Tomatoes with Basil 73
Beef Stroganoff I & II 64
Cheese-Filled Meatloaf 67
Chicken Breasts 60
Chicken Chow Mein 62
Chicken Hawaii 63
Chicken 'n' Ham Roll-Ups 60
Chinese Beef and Peppers 70
Chopstick Beef 71
Foil-Wrapped Chuck Roast 68
Fried Chicken 61
Italian Meatballs 67

MEATS AND MAIN DISHES, continued
Kidney Creole 73
Marinated Chicken 63
Meatloaf Wellington 68
One-Dish Chicken 61
One-Pot Supper 69
Pepper Steak 65
Porcupines 66
Saucy Short Ribs 65
Scalloped Chicken w/ Dressing 62
Sherried Beef 70
Shoulder Lamb Chops 72
Speedy Chili 69
Sweet and Sour Pork 72
Swiss Steak 66
Veal Cutlets 71

PICKLES, PRESERVES
Apricot-Pineapple Jam 150
Cauliflower Pickles 148
Cucumber Pickles 144
Dill Pickles 144
Dilly Green Tomatoes 146
Icicle Pickles 148
Plum Jam 150
Strawberry Jam 149
Vegetable Relish 147
Virginia Slicers 145
Watermelon Conserve 146
Watermelon Pickles 147
Zucchini Pickles 145

PIES
Calvin Coolidge Custard Pie 102
Caramel Pecan Pie 105
Chiffon Pumpkin Pie 106
Chocolate Pie or Pudding 101
Ice Cream Pie 105
Lemon Meringue Pie 102
No-Bake Blueberry Pie 103
Strawberry Pie 104
Strawberry Fluff Pie 104
Surprise Banana Pie 101
Swedish Apple Pie 103
Sweet Potato Pie 106

PUNCH
Cider Punch 141
Fruit Float 140
Orange Fizz 140
Sherbet Punch 141

SALADS
Annette's Cucumber Salad 34
Cole Slaw 34
Danish Cucumber Salad 36
Elbow Macaroni Salad 32
Frozen Fruit Salad 38
Fruit-Flavored Vegetable Salad 36
Fruit Mold 39
Fruit Salad 37
Garden Egg Salad 33
Hot Chicken Salad 37
Macaroni Salad 33
Pineapple Salad 39
Piquant Zucchini 35
Tomato & Cheese Salad 35
Tuna & Basil Mold 32
Turkish Cucumbers 38

SAUCES, DRESSINGS, STUFFINGS
Basic White Sauce 86
Bread Stuffing 97
Celery Stuffing 96
Chili Sauce 92
Cocktail Sauce 89
French-Style Dressing 93
Garlic Butter 91
Glaze for Ham 92
Harvard-Style Dressing 96
Italian Spaghetti Sauce 87
Lemon Butter 91
Medium White Sauce 86
Oriental Barbecue Sauce 89
Oyster Stuffing 97
Pickle Sauce (for Fish) 90
Raisin Sauce 88 , for Ham 88
Salad Dressing 95
Shrimp Sauce 90
Simply Super Salad Dressing 95
Sour Cream Salad Dressing 94
Spaghetti Sauce 87
Tartare Sauce I & II 93
Thousand Island Dressing 94

SEAFOOD
Baked Cusk 50
Baked Fillets of Sole 49
Baked Fish Fillets 50
Baked Scallops 48
Baked Stuffed Fish 55
Broiled Fish w/ Fennel 56
Broiled Scallops 52
Codfish Balls 57
Corned Hake 54
Creole Fillets 53
Crispy Fish Batter 49
Easy-Bake Lobster, etc. 57
Fillets of Sole a la Meuniere 52
Fish Batter of Deep-Frying 49
Fish Fillets 56
Fish Pie with Nuts & Herbs 55
Fried Fish 54
Haddock-Shrimp Bake 51
Marinated Trout 53
Salmon Loaf 48
Salmon Patties 58
Sauteed or Baked Scallops 51
Seafood Au Gratin 52
Shrimp Scampi 58

SOUPS, CHOWDERS
Chicken & Mushroom Soup 29
Clam Chowder 27
Dud's Fish Chowder 26
Fish Chowder (Slow Cooker) 26
Gazpacho 30
Greek Lentil Soup 29
Lobster Newburg 27
Pea Soup Royal 30
Quick Chicken-Noodle Soup 30
Split Pea Soup 28
Super Corn Chowder 28

VEGETABLE DISHES
Baked Beans 45
Baked Beans w/ Linguica 46
Barbecued Onions 43
Boston Baked Beans 45
Harvard Beets 42
Italian Eggplant 43
Lentils & Curried Eggs 46
Spinach Souffle w/ Carrots 42
Stuffed Zucchini 44
Zucchini Parmesan 44

Proceeds to benefit the
Rockport United Methodist Church Building Fund